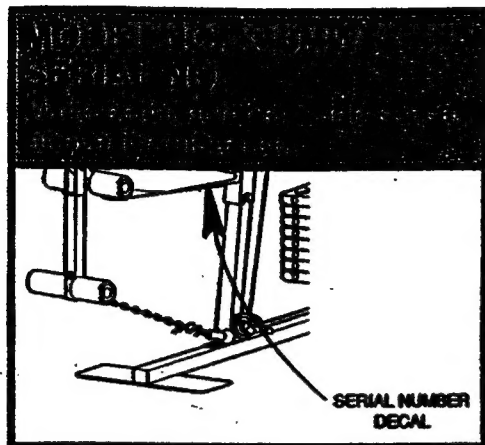


# **X10MW MULTI-STATION POWERGUIDE**



**APPROXIMATE WEIGHT:**

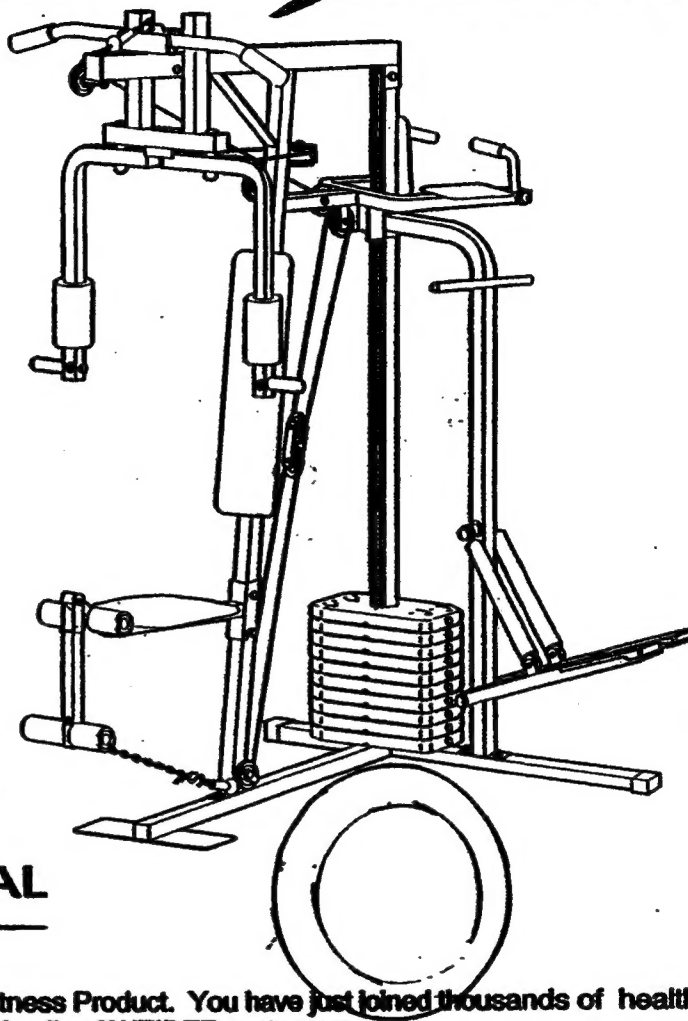
**305 LBS.**

**APPROXIMATE SET UP DIMENSIONS:**

**72"L X 50"W X 75"H**

**weider**  
**OWNER'S MANUAL**

**MADE IN CANADA**



Congratulations on selecting a WEIDER Fitness Product. You have just joined thousands of health conscious men and women in the growing family of WEIDER customers.

We are committed to providing excellent service and customer satisfaction. We invite you to call us with any questions you may have concerning this product. Our customer service representatives are here to serve you and provide helpful information.

Call us toll -free at 1-800-225-0653, Monday-Friday 7:00 AM - 6:00 PM CST.

Extended Seasonal Hours: (Dec. 1 - Feb. 28) Monday-Friday 7:00 AM - 9:00 PM;  
Saturday 9:00 AM - 5:00; Sunday 12:00 PM - 4:00 PM.

Thank you again for choosing WEIDER. We appreciate having you as a customer and hope this product will provide years of enjoyable service.

**PRINTED IN CANADA**

**WEIDER SPORTING GOODS, INC.**  
900 West St. John, Olney, IL 62450 USA

**CAN-1280**

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## IMPORTANT SAFETY PRECAUTIONS

**WARNING:** To reduce the risk of serious injury, read the important safety precautions before using this equipment.

**CAUTION:** DO NOT ASSEMBLE OR USE THIS EQUIPMENT ON A NON-MAR SURFACE.

1. Read all instructions in this manual before using this equipment.
2. Use this equipment only as described in this Assembly Manual.
3. Position the Home Gym on a level surface.
4. Inspect and tighten all parts each time this equipment is used. Replace any worn parts immediately.
5. Always hold the handle bars when exercising.
6. Keep hands away from moving parts other than the designated handles.
7. Keep small children away from this equipment during use.
8. Do not allow small children to play on this equipment unattended.
9. Wear appropriate workout attire, including running or aerobic shoes.

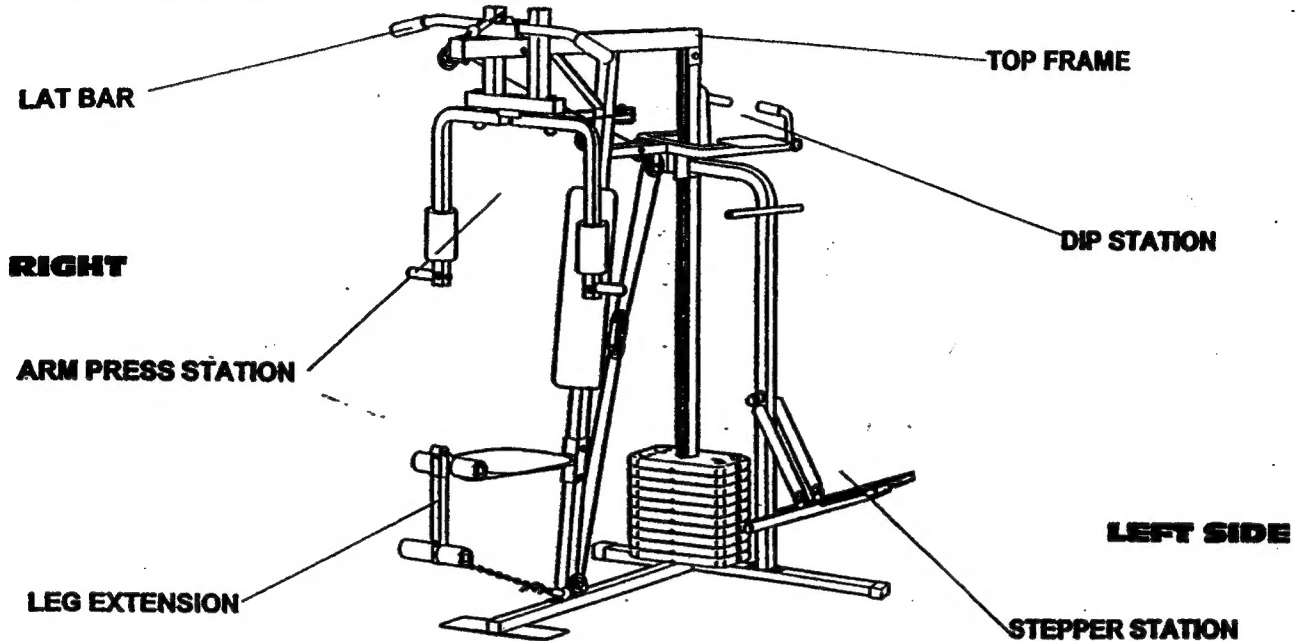
**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age 35 or persons with pre-existing health problems. Read all instructions before using. Welder assumes no responsibility for personal injury property damage sustained by or through the use of this product.

# INTRODUCTION

Thank you for choosing the Weider POWERGUIDE X10MW. Your Home Gym is designed and engineered to give you many hours of weight and aerobic conditioning.

This manual is provided to help you understand the simple assembly, adjustments, and use of the Home Gym. In addition to assembly instructions it also contains maintenance tips and parts information.

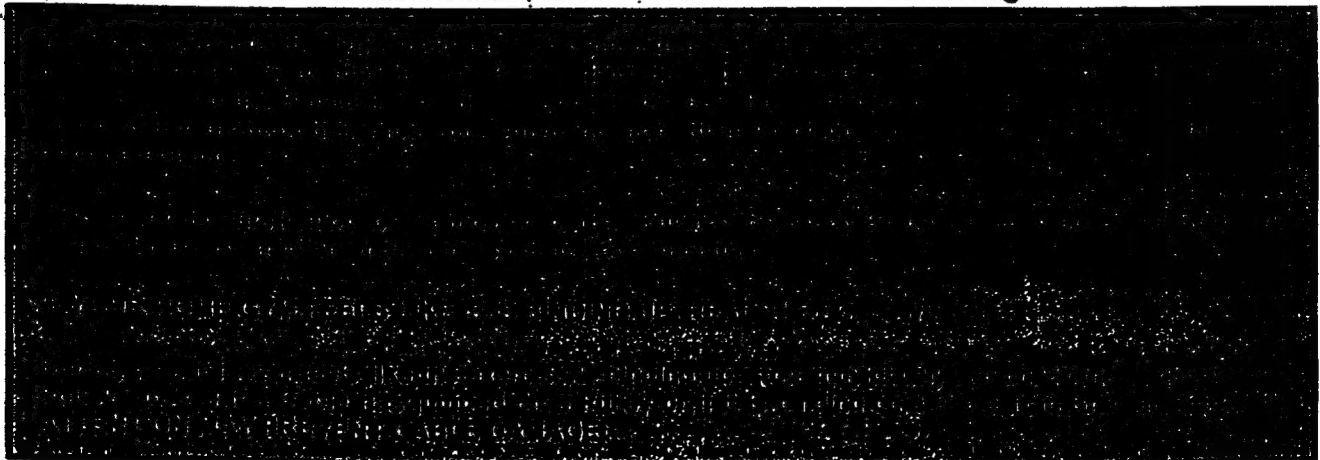
Please take time to read all the information contained in this manual and after assembly is completed keep it for future reference.



## MAINTENANCE TIPS

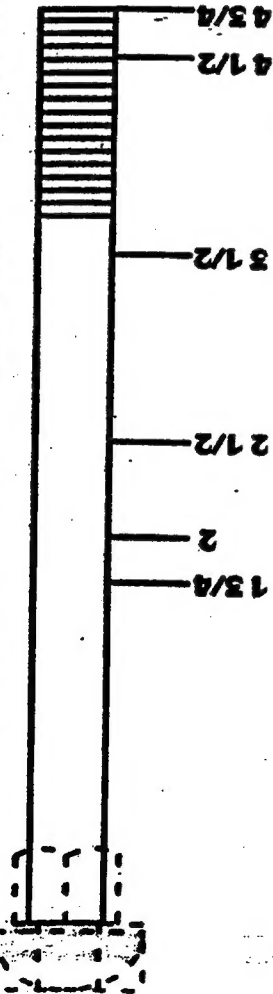
Keeping your POWERGUIDE X10MW in good condition will help insure you many hours of safe, enjoyable exercise. Following an easy maintenance routine will prevent premature wear and unnecessary parts replacement.

1. Check all fasteners, nuts and bolts, and caps to see that they are tight and are fitted properly.
2. Lubricate all moving parts frequently to keep handles and other parts moving smoothly and eliminate squeaks and excessive noise.
3. Painted surfaces can be cleaned with a soft cloth and a mild non-abrasive detergent.

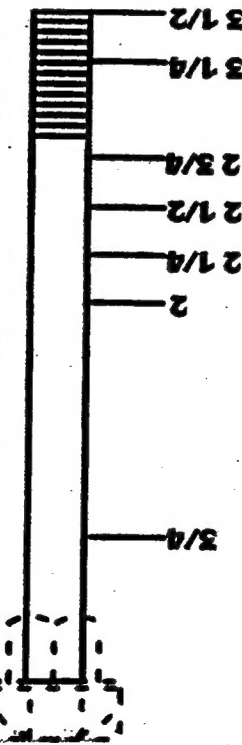


# X10MW HARDWARE SCALING SHEET

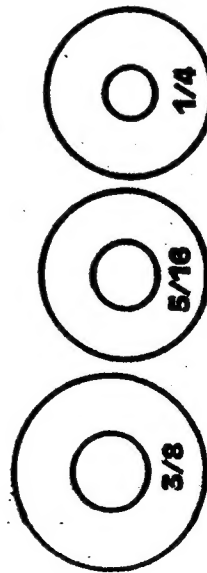
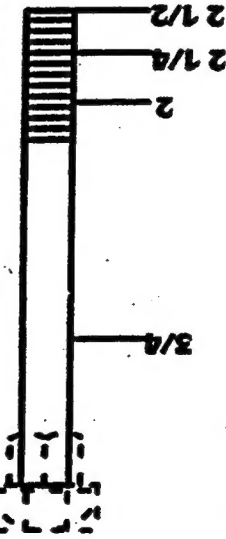
Scale can be used for 3/8" Hex Head Bolts, Carriage Bolts, or Round Head Screws.



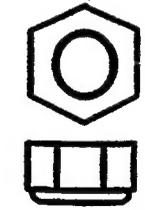
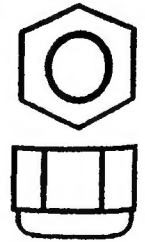
Scale can be used for 5/16" Hex Head Bolts, Carriage Bolts, and Round Head Screws



Scale can be used for 1/4" Hex Head Bolts, Carriage Bolts, and Round Head Screws



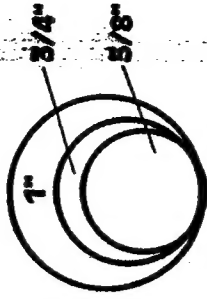
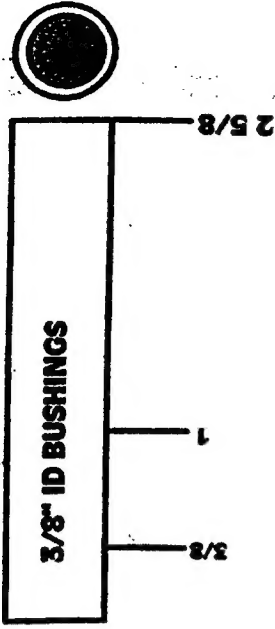
FLAT WASHERS



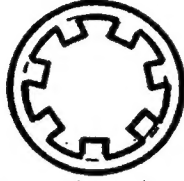
3/8 NYLON LOCK NUT

5/16 NYLON LOCK NUT

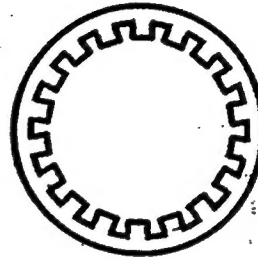
1/4 NYLON LOCK NUT



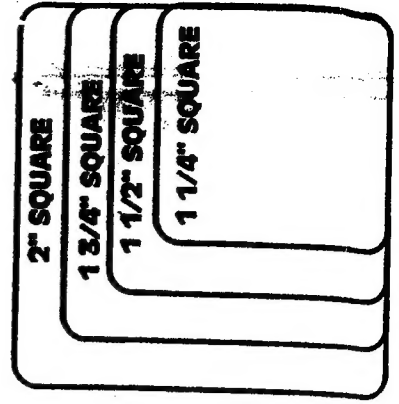
5/8" SPRING RETAINER



ROUND PLASTIC CAPS



1" SPRING RETAINER



SQUARE PLASTIC CAPS

# X10MW PART LIST

QTY	PART NO.	PART NAME	QTY	PART NO.
1		MAIN BASE	1	C4262-G27*G27
3		STEPPER BASE	1	C4264-G27*G27
4		GUIDE ROD	1	C6857-G27*G27
5		WEIGHT PLATE - 12.5 LBS.	10	BB-0328*G27
6		WEIGHT SELECTOR TUBE	1	C7324-G21*G27
7		NYLON GUIDE WHEEL	4	AA-8267*G27
8		LAT CABLE - 128"	1	C6670-G27*G27
9		LOW PULLEY CABLE - 163 1/2"	1	C6671-G27*G27
10		MAIN UPRIGHT	1	C1273-G27*G27
11		STEPPER FRAME	1	C4265-G27*G27
12		STEPPER PEDAL	2	C4222-G15*G27
13		PLASTIC PEDAL TREAD	2	AA-8195*G27
14		RESISTANCE CYLINDER	2	ZZ-0004*G27
15		CYLINDER MOUNTING BRACKET	2	C7747-G15*G27
16		ARM PRESS PIVOT FRAME	1	C4235-G21*G27
17		ARM PRESS ARM	2	C4266-G27*G27
18		STEPPER HANDLE	1	C7331-G27*G27
19		ARM PRESS CAP	1	C4218-G15*G27
20		4" LONG HALF ROUND PIVOT BUSHING	2	AA-8242*G27
21		LAT BAR PLASTIC HOLDER	1	AA-8275*G27
22		PLASTIC GRIP - 1" X 5"	6	AA-8255*G27
23		FOAM ROLLER - 3 1/4" X 7" X 1 5/8" LD.	2	C0488-G27*G27
24		ARM PRESS HANDLE	2	C7321-G15*G27
25		DIP ARM	1	C4263-G27*G27
26		DIP HANDLE	2	C7329-G27*G27
27		DIP BACKREST	1	C1435-G21*G27
28		DIP ARM PAD	2	C1434-G21*G27
29		SEAT FRAME	1	C4236-G21*G27
30		LEG EXTENSION	1	C4221-G15*G27
31		ARM PRESS BACKREST	1	C1436-G21*G27
32		SEAT MOUNTING BRACKET	2	C7744-G15*G27
33		ARM PRESS SEAT	1	C1437-G21*G27
34		PAD BAR - 3/4" X 13"	2	C7325-G21*G27
35		FOAM ROLLER - 3" X 5 3/4" X 3/4" LD.	4	C0434-C07*G27
36		3 1/2" PULLEY	10	AA-8133*G27
37		CABLE TRAP BRACKET - PLASTIC	5	AA-8274*G27
38		ANGLE PLATE BRACKET	1	C7758-G21*G27
39		DUAL PULLEY CONNECTOR PLATE	2	C7749-G15*G27
40		5/16" FLAT WASHER	12	HH-5127*G27

# X10MW PART LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO.
41	5/16" NYLON LOCK NUT	26	HH-5012*G27
42	5/16" X 2 1/2" HEX HEAD BOLT	5	HH-5053*G27
43	5/16" X 2 1/4" HEX HEAD BOLT	7	HH-5199*G27
44	5/16" X 1 1/2" HEX HEAD BOLT	2	HH-5312*G27
45	5/16" X 2 3/4" CARRIAGE BOLT	1	HH-5521*G27
48	5/16" X 2 1/2" CARRIAGE BOLT	6	HH-5324*G27
49	5/16" X 2" EYE-BOLT	1	HH-5548*G27
50	3/8" FLAT WASHER	3	HH-5265*G27
51	3/8" NYLON LOCK NUT	10	HH-5088*G27
52	3/8" X 4 1/2" HEX HEAD BOLT	1	HH-5363*G27
53	3/8" X 1 3/4" HEX HEAD BOLT	3	HH-5308*G27
54	3/8" X 3 1/2" HEX HEAD BOLT	1	HH-5062*G27
55	3/8" X 2" HEX HEAD BOLT	3	HH-5244*G27
56	3/8" X 4 3/4" HEX HEAD BOLT	1	HH-5545*G27
57	3/8" X 2 1/2" HEX HEAD BOLT	1	HH-5018*G27
60	1/4" FLAT WASHER	10	HH-5048*G27
61	1/4" NYLON LOCK NUT	6	HH-5011*G27
62	1/4" X 3/4" ROUND HEAD MACHINE SCREW	8	HH-5022*G27
63	1/4" X 1" TAPER HEAD SCREW	2	HH-5556*G27
64	1/4" X 2 1/2" ROUND HEAD MACHINE SCREW	2	HH-5044*G27
65	1/4" X 2" CARRIAGE BOLT	2	HH-5338*G27
66	1/4" X 2" ROUND HEAD MACHINE SCREW	4	HH-5256*G27
67	1/2" NYLON LOCK NUT	1	HH-5182*G27
68	1/2" X 8" HEX HEAD BOLT	1	HH-5547*G27
69	1/2" LONG SELF TAPPING PHILLIPS HEAD SCREW	2	HH-5448*G27
70	2" SQUARE PLASTIC INSERT CAP	4	AA-8002*G27
71	2" SQUARE PLASTIC COVER CAP	2	AA-8015*G27
72	1" ROUND PLASTIC COVER CAP	4	HH-5348*G27
73	5/8" ROUND PLASTIC COVER CAP	2	HH-5357*G27
74	1 3/4" SQUARE PLASTIC INSERT CAP	6	AA-8006*G27
75	1" ROUND PLASTIC INSERT CAP	8	AA-8005*G27
76	1 1/2" SQUARE PLASTIC INSERT CAP	4	AA-8001*G27
77	3/4" ROUND PLASTIC INSERT CAP	4	AA-8004*G27
78	1" SPRING RETAINER RING	6	HH-5423*G27
79	5/8" SPRING RETAINER RING	2	HH-5422*G27
80	RUBBER BUMPER	4	AA-8124*G27
81	SELF TAPPING HEX HEAD BOLT	2	HH-5563*G27
82	WEIGHT SELECTOR PIN	1	WW-7089*G27
83	1 1/4" SQUARE PIVOT BUSHING	4	AA-8203*G27
84	5/8" I.D. X 1 5/8" LONG FLAIR END BUSHING	2	AA-8148*G27



# X10MW PART LIST

DIAGRAM NO.	PART NAME	QTY	PART NUMBER
85	1/2" I.D. X 2 5/8" LONG METAL BUSHING	2	HH-5558*G27
86	1/2" O.D. X 3/8" LONG METAL BUSHING	5	HH-5538*G27
87	5/16" I.D. X 1/4" LONG METAL BUSHING	1	HH-5413*G27
88	1/2" O.D. X 1" LONG METAL BUSHING	1	HH-5401*G27
89	TOP MAST DECAL	1 SET	DE-4412*G27
90	MULTI-FUNCTION DECAL	1 SET	DE-4412*G27
91	WEIGHT PLATE DECAL	1 SET	DE-4412*G27
92	RESISTANCE SCALE DECAL	1 SET	DE-4412*G27
93	ARM PRESS DECAL	1 SET	DE-4412*G27
94	STEPPER STATION DECAL	1 SET	DE-4412*G27
95	DIP STATION DECAL	1 SET	DE-4412*G27
96	ARM PRESS PIVOT BRACKET	2	C7748-G15*G27
97	PULLEY PIVOT BRACKET	1	C7753-G15*G27
98	3/8" THREADED KNOB	2	HH-5341*G27
99	5/16" THREADED KNOB	1	HH-5400*G27
100	5/16" X 1 3/4" KNOB PIN	2	WW-7885*G27
101	DIP SUPPORT BRACKET	1	C7767-G27*G27
102	3 1/2" "V" PULLEY	1	AA-8273*G27
103	"L" LOCKING PIN - 5/16" X 4 1/2"	2	WW-7888*G27
104	"J" PIN - 3/8" X 7"	1	WW-7884*G27
105	5/16" X 2" CARRIAGE BOLT	1	HH-5311*G27
106	5/16" X 2 3/4" HEX HEAD BOLT	1	HH-5858*G27
107	5/16" X 3 1/2" HEX HEAD BOLT	1	HH-5294*G27
108	5/16" X 3 1/4" HEX HEAD BOLT	1	HH-5297*G27
109	5/16" X 1" HEX HEAD BOLT	1	HH-5332*G27
110	3 1/2" LONG "U" BRACKET	2	C7768-G27*G27
111	LAT BAR	1	C6854-G15*G27
112	LEG STRAP / ARM CURL HANDLE	1	EE-9875*G27
113	LINKING CHAIN - 12"	1	WW-7872*G27
114	S HOOK	2	WW-7855*G27
115	FIREMAN'S LATCH HOOK	1	WW-7842*G27
116	CABLE TRAP BRACKET - METAL	1	C7746-G15*G27
117	PLASTIC BUMPER	2	AA-8278*G27
	ASSEMBLY MANUAL	1	CNN-1288*G27
	WALL CHART	1	CNN-1269*G27
	HARDWARE BAG (STEPS 1 - 6)	1	C8856-G27*G27
	HARDWARE BAG (STEPS 7 - 10)	1	C8857-G27*G27

## **ORDERING PARTS**

**TO INSURE THAT YOU WILL GET ALL OF THE PRIVILEGES AND PROTECTION THAT COME WITH YOUR PURCHASE, PLEASE COMPLETE YOUR \*OWNER'S REGISTRATION CARD\* WITHIN THE NEXT 10 DAYS.**

**Simply mail your \*OWNER'S REGISTRATION CARD\* to receive all benefits to which you are entitled.**

**\*WARRANTY VERIFICATION\* :** Your prompt registration verifies your right to protection under the terms and conditions of your warranty.

**\*OWNER CONFIRMATION\* :** Your completed OWNER'S REGISTRATION CARD serves as confirmation of ownership in the event of product loss or theft.

YOUR OWNER'S REGISTRATION CARD VERIFIES THE PRODUCT YOU HAVE PURCHASED YOUR NAME AND ADDRESS WITHIN THE DATE OF YOUR PURCHASE.

IF YOU ARE A MEMBER, WE WILL MAIL YOU A CARD WITHIN 10 DAYS OF YOUR PURCHASE WITH THE FOLLOWING INFORMATION: OUR PRODUCT SERVICE NUMBER, ALL ACCESSORIES, AND THE NAME OF THE PARTS DEPARTMENT.

FOR THE CONVENIENCE OF OUR CUSTOMERS, WE HAVE READY THE FOLLOWING INFORMATION TO ASSIST YOU IN ORDERING.

- 1. Name of the Product (POWERGUIDE HOME GYM SYSTEM X10MW)**
- 2. Model Number of the Product (X10MW)**
- 3. Ordering Number of the Part (See Parts List Page)**
- 4. Description of the Part from the Parts List Page.**
- 5. Country of the Manufacturer (See Cover)**

**THE SAME INFORMATION IS REQUIRED WHEN PLACING YOUR ORDER BY MAIL.**

**If you need parts or assistance do not return this product to the store, simply contact WEIDER CUSTOMER ASSISTANCE at 1-800-225-0653 Monday through Friday 7 a.m. to 6 p.m. CST.**

**Extended Seasonal Hours (Dec. 1 - Feb. 28) Monday through Friday 7 a.m. to 9 p.m.; Saturday 9 a.m. to 5 p.m.; Sunday 12 p.m. to 4 p.m.**

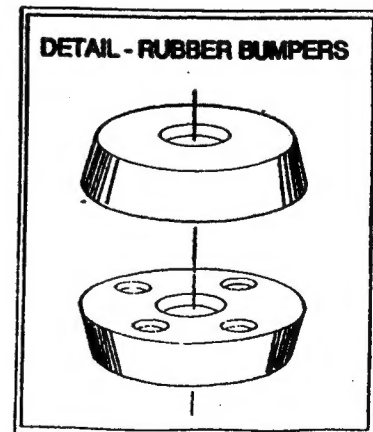
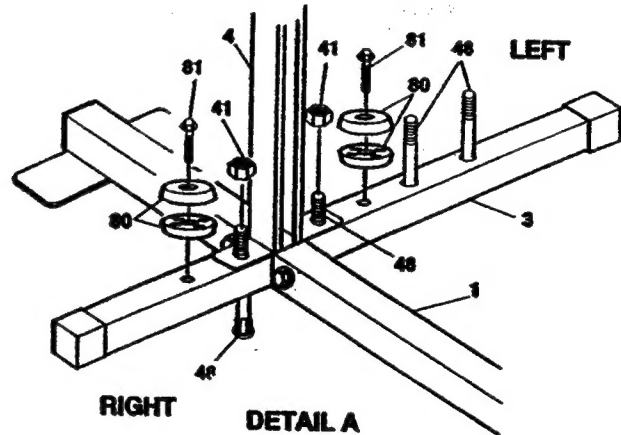
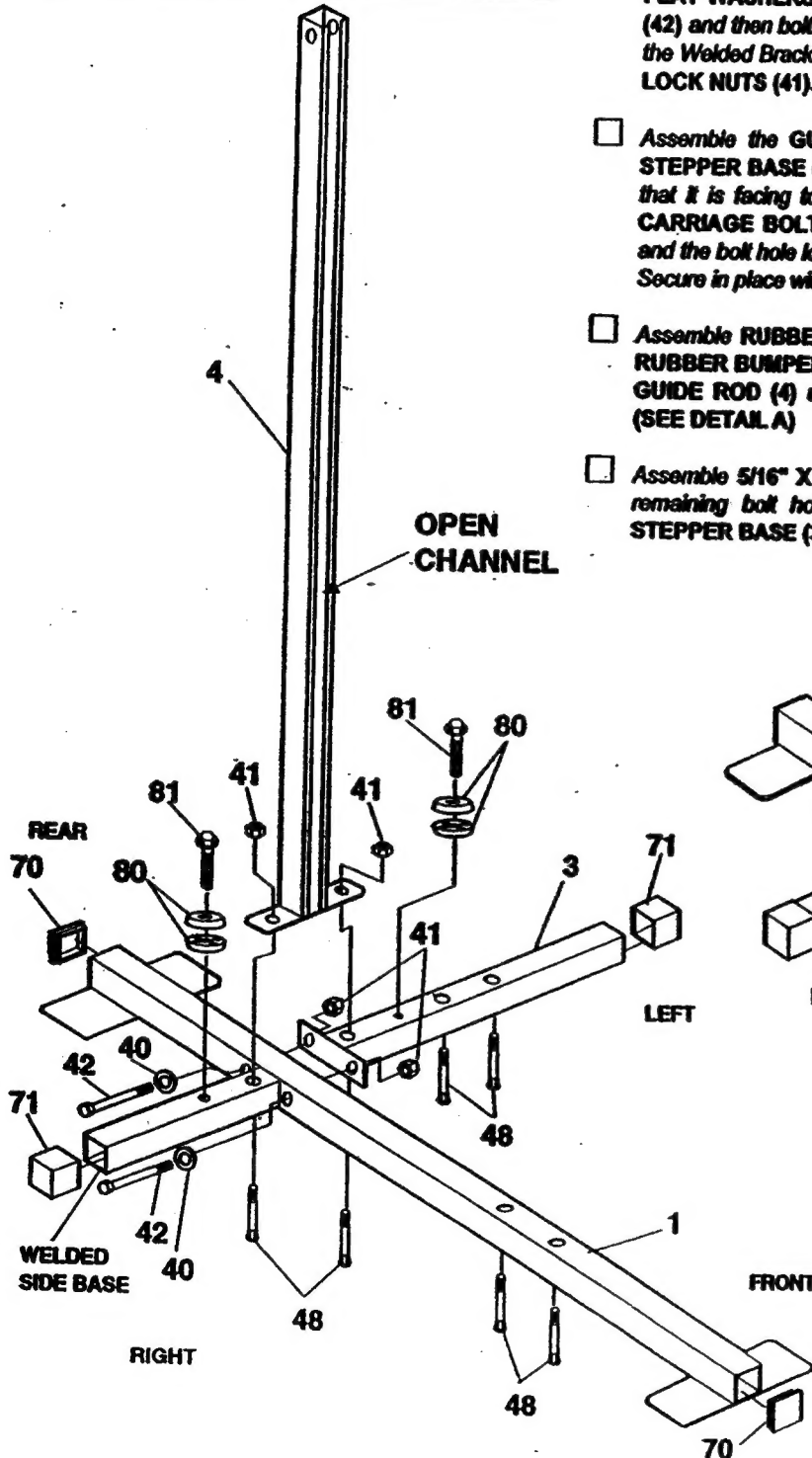
**All parts and service inquiries should be directed to: WEIDER SPORTING GOODS, Parts Service Department, 900 West ST. John Street, Olney Illinois. 62450.**



# STEP 1 MAIN FRAME ASSEMBLY

PART NAME	QTY
40 5/16" FLAT WASHER	2
41 5/16" NYLON LOCK NUT	4
42 5/16" X 2 1/2" HEX HEAD BOLT	2
48 5/16" X 2 1/2" CARRIAGE BOLT	6
70 2" SQUARE PLASTIC INSERT CAP	2
71 2" SQUARE PLASTIC COVER CAP	2
80 RUBBER BUMPER	4
81 SELF TAPPING HEX HEAD BOLT	2

- ☐ Begin by capping the ends of the MAIN BASE (1) with 2" SQUARE PLASTIC INSERT CAPS (70).
- ☐ Press a 2" SQUARE PLASTIC COVER CAP (71) onto the end of the STEPPER BASE (3) and onto the end of the Welded Side Base of the MAIN BASE (1).
- ☐ Assemble the STEPPER BASE (3) to the side of the MAIN BASE (1) opposite the shorter Welded Side Base, by first assembling 5/16" FLAT WASHERS (40) onto two 5/16" X 2 1/2" HEX HEAD BOLTS (42) and then bolting through the side of the Main Base and then into the Welded Bracket of the Stepper Base. Secure with 5/16" NYLON LOCK NUTS (41).
- ☐ Assemble the GUIDE ROD (4) to the MAIN BASE (1) and the STEPPER BASE (3). Orient the Open Channel in the Guide Rod so that it is facing to the front of the unit. Assemble 5/16" X 2 1/2" CARRIAGE BOLTS (48) up through the bottom of the Main Base and the bolt hole location in the Stepper Base nearest the Main Base. Secure in place with 5/16" NYLON LOCK NUTS (41).
- ☐ Assemble RUBBER BUMPERS (80) back to back (SEE DETAIL - RUBBER BUMPER) and attach to the bolt hole locations nearest the GUIDE ROD (4) using SELF TAPPING HEX HEAD BOLTS (81). (SEE DETAIL A)
- ☐ Assemble 5/16" X 2 1/2" CARRIAGE BOLTS (48) up through the remaining bolt hole locations in the MAIN BASE (1) and the STEPPER BASE (3).

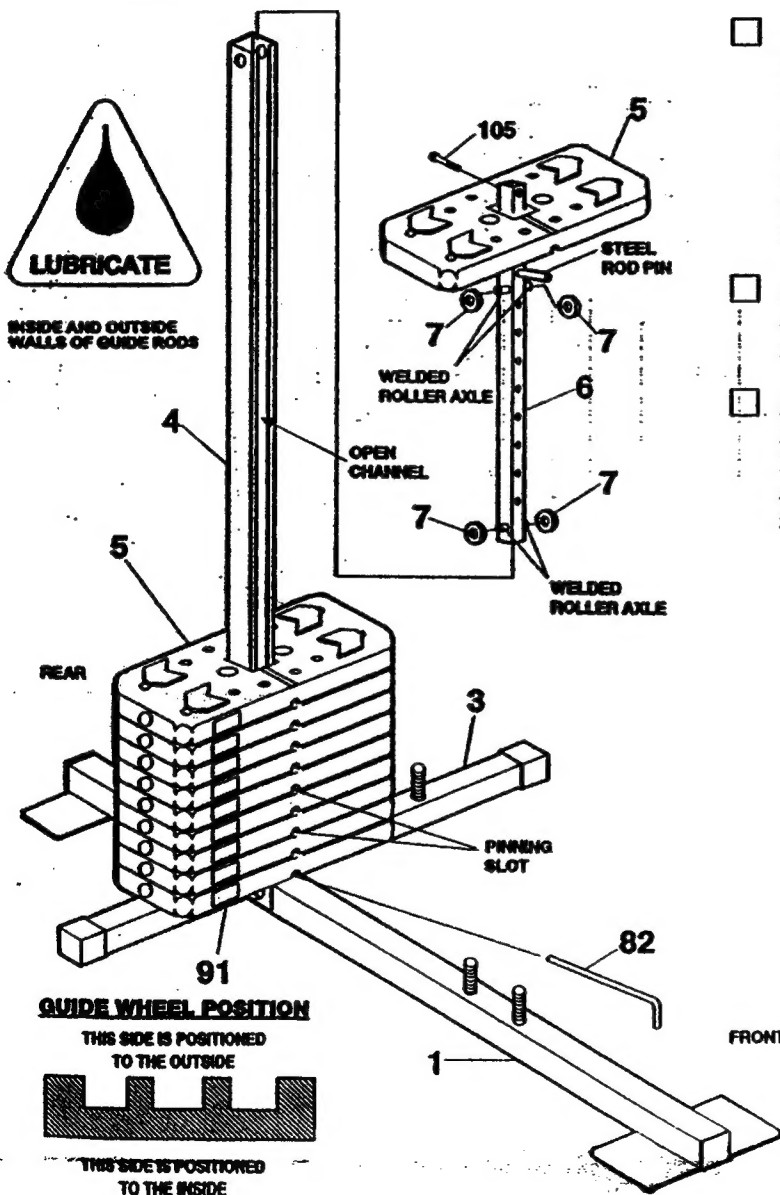


## STEP 2 WEIGHT STACK ASSEMBLY

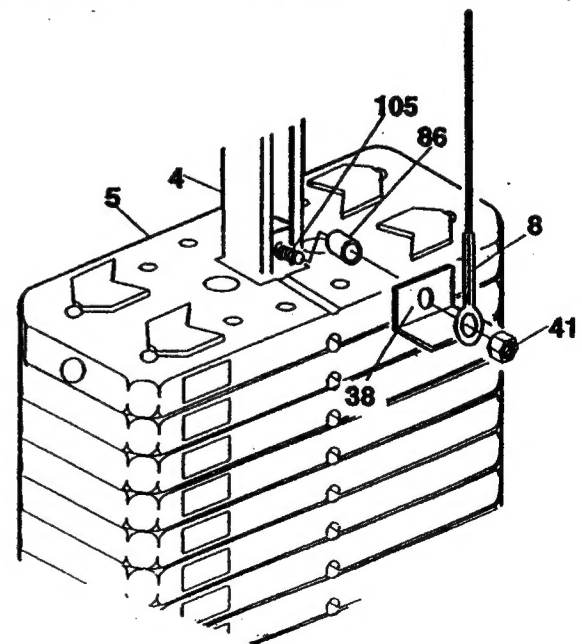
PART NAME	QTY
7 NYLON GUIDE WHEEL	4
41 5/16" NYLON LOCK NUT	1
82 WEIGHT SELECTOR PIN	1
86 1/2" O.D. X 3/8" LONG METAL BUSHING	1
105 5/16" X 2" CARRIAGE BOLT	1

- ☐ Working with one WEIGHT PLATE (5) at a time, stack only NINE of the ten Weight Plates onto the GUIDE ROD (4) so that the Pinning Slot in the Plate is facing the floor and also facing the front of the unit. Once the Stack is complete, check again to make sure all Plates are positioned properly.

- ☐ Assemble the NYLON GUIDE WHEELS (7) onto the Welded Roller Axes at both the top and bottom of the WEIGHT SELECTOR TUBE (6). The flat side of the Guide Wheels must be positioned to the inside against the Weight Selector Tube and the formed side must be faced to the outside. SEE THE DETAIL DRAWING - GUIDE WHEEL POSITION.
- ☐ Assemble the final WEIGHT PLATE (5) onto the WEIGHT SELECTOR TUBE (6). Orient the Plate so that the Pinning Slot is located on the same side as the Steel Rod Pin. Assemble a 5/16" X 2" CARRIAGE BOLT (105) into the top of the Weight Selector Tube; making sure that the Bolt is oriented with the Bolt end extending out in the same direction as the longer portion of the Steel Rod Pin.
- ☐ Insert the assembled WEIGHT SELECTOR TUBE (6) down inside the top of the GUIDE ROD (4). Orient the Selector Tube so that the Steel Rod Pin is extending out through the Open Channel of the Guide Rod. Slide the Selector Tube down the Guide Rod to the Weight Stack.



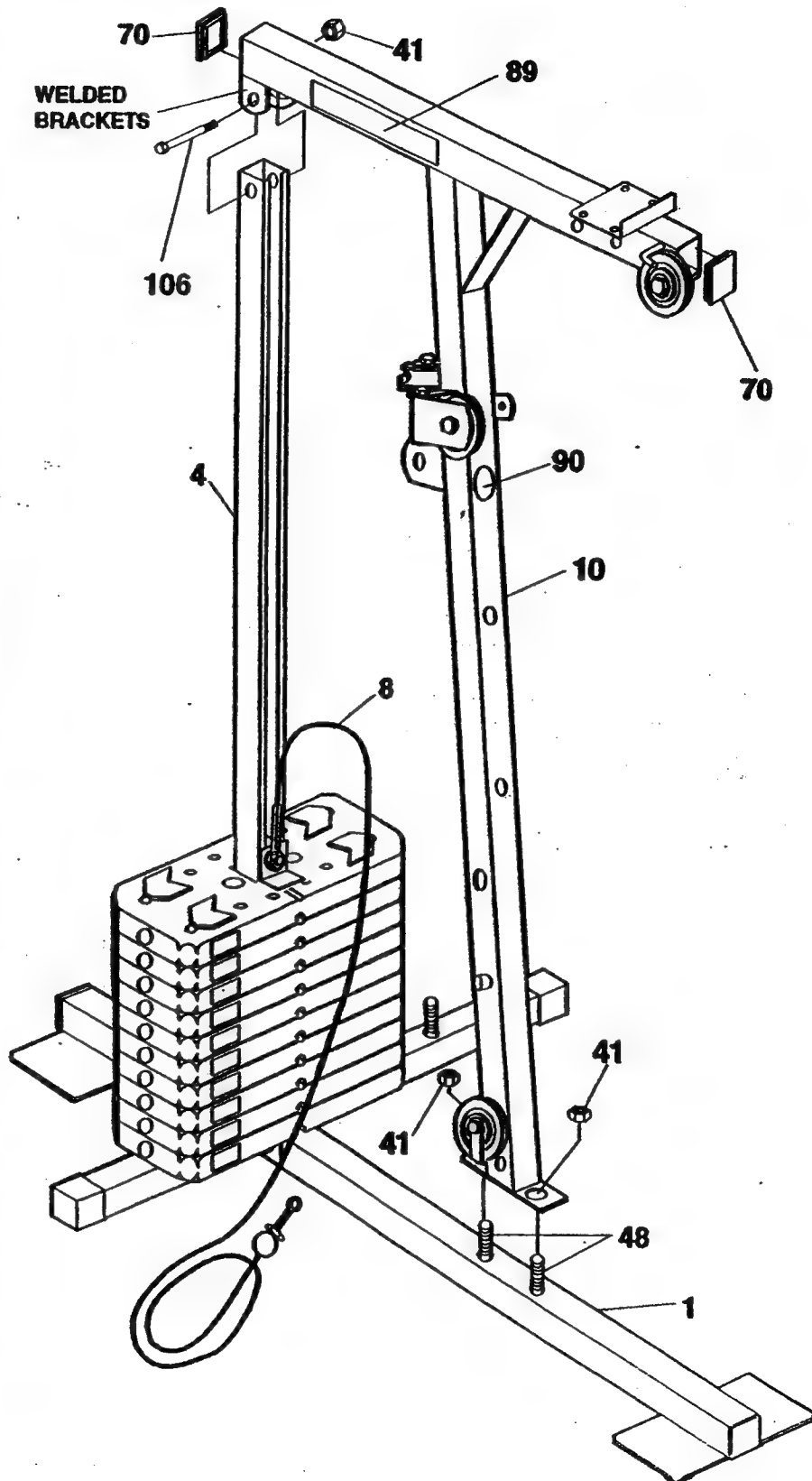
- ☐ Assemble a 1/2" O.D. X 3/8" LONG METAL BUSHING (86) onto the 5/16" X 2" CARRIAGE BOLT (105), followed with the ANGLE PLATE BRACKET (38). Next, assemble the Loop end of the LAT CABLE (8) (This Cable has a large Rubber Ball and Loop on one end and a Loop on the other end.) onto the Bolt and secure with a 5/16" NYLON LOCK NUT (41). Lay the unassembled end of the Cable aside for completion in a later Step.
- ☐ Insert the WEIGHT SELECTOR PIN (82) into the Weight Stack at the bottom Plate until assembly is complete and the Cable system has been adjusted for proper tensioning.
- ☐ Remove the WEIGHT PLATE DECALS (91) from the backing sheet and affix to the edge of the WEIGHT PLATES (5) just to the side of the Pinning Slots. Decals should progress from the lightest Weight on the top Plate to the heaviest Weight at the bottom.



### STEP 3 MAIN UPRIGHT ASSEMBLY

PART NAME	QTY
41 5/16" NYLON LOCK NUT	3
70 2" SQUARE PLASTIC INSERT CAP	2
106 5/16" X 2 3/4" HEX HEAD BOLT	1

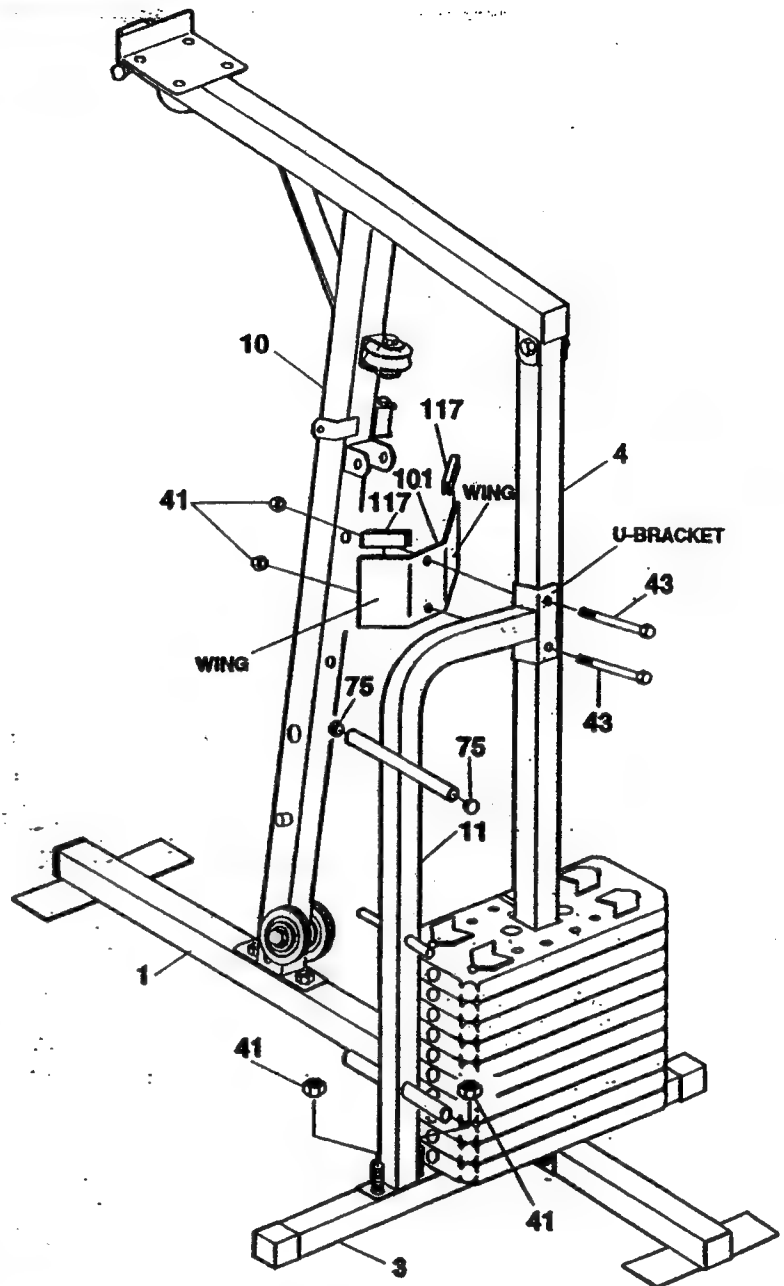
- ☐ Press 2" SQUARE PLASTIC INSERT CAPS (70) into the top ends of the MAIN UPRIGHT (10).
- ☐ Assemble the top of the MAIN UPRIGHT (10) to the top of the GUIDE ROD (4) by straddling the Welded Brackets on the Upright over the Guide Rod. At the same time, straddle the bottom of the Main Upright over the previously assembled 5/16" X 2 1/2" CARRIAGE BOLTS (48) in the MAIN BASE (1).
- ☐ Using a 5/16" X 2 3/4" HEX HEAD BOLT (106) and a 5/16" NYLON LOCK NUT (41), bolt the Welded Brackets of the MAIN UPRIGHT (10) to the GUIDE ROD (4).
- ☐ Secure the bottom of the MAIN UPRIGHT (10) to the BOLTS (48) in the MAIN BASE (1) with 5/16" NYLON LOCK NUTS (41).
- ☐ Remove the TOP MAST DECAL (89) from the backing sheet and affix to both sides of the top of the MAIN UPRIGHT (10).
- ☐ Remove the MULTI-STATION DECAL (90) from the backing sheet and affix to the front of the MAIN UPRIGHT (10) directly below the pre-assembled Pulley assembly.



**STEP 4 STEPPER FRAME ASSEMBLY**

PART NAME	QTY.
41 5/16" NYLON LOCK NUT	4
43 5/16" X 2 1/4" HEX HEAD BOLT	2
75 1" ROUND PLASTIC INSERT CAP	2
117 PLASTIC BUMPER	2

- ☐ Press 1" ROUND PLASTIC INSERT CAPS (75) into the ends of the Handlebar welded to the front of the STEPPER FRAME (11).
- ☐ Assemble the STEPPER FRAME (11) onto the previously assembled 5/16" X 2 1/2" CARRIAGE BOLTS (48) assembled through the STEPPER BASE (3).
- ☐ Attach PLASTIC BUMPERS (117) to the top of the Wings of the DIP SUPPORT BRACKET (101).
- ☐ Assemble the upper U-Bracket of the STEPPER FRAME (11) around the GUIDE ROD (4). Assemble the DIP SUPPORT BRACKET (101) to the inside of the Guide Rod at the U-Bracket of the Stepper Frame using 5/16" X 2 1/4" HEX HEAD BOLTS (43) to bolt through the U-Bracket of the Stepper Frame, the Guide Rod, and the Support Bracket. Secure with 5/16" NYLON LOCK NUTS (41) but **DO NOT OVER TIGHTEN** to avoid bending the Guide Rod.
- ☐ Secure the bottom of the STEPPER FRAME (11) by fastening the CARRIAGE BOLTS (48) with 5/16" NYLON LOCK NUTS (41).

**STEP 5 STEPPER ASSEMBLY**

PART NAME	QTY.
41 5/16" NYLON LOCK NUT	2
44 5/16" X 1 1/2" HEX HEAD BOLT	2
50 3/8" FLAT WASHER	2
69 1/2" LONG SELF TAPPING PHILLIPS HEAD SCREW	2
72 1" ROUND PLASTIC COVER CAP	2
73 5/8" ROUND PLASTIC COVER CAP	2
78 1" SPRING RETAINER RING	2
79 5/8" SPRING RETAINER RING	2
83 1 1/4" SQUARE PLASTIC PIVOT BUSHING	4
84 5/8" L.D. X 1 5/8" LONG FLAIR END BUSHING	2
98 3/8" THREADED KNOB	2

- ☐ Insert 1 1/4" SQUARE PLASTIC PIVOT BUSHINGS (83) into the ends of the STEPPER PEDALS (12).
- ☐ Slide the STEPPER PEDALS (12) onto the 1" Pedal Pivot Tube at the base of the STEPPER FRAME (11). Note that the Pedals should be assembled with the series of holes in the Pedals to the inside.
- ☐ Using a 1" ROUND PLASTIC COVER CAP (72) as an aid, drive a 1" SPRING RETAINER RING (78) onto the Pedal Pivot Tube to secure the PEDALS (12) in place. Note that the teeth in the Spring Retainer Rings are tilted slightly to one side. The teeth should be away from the Pivot Tube as it is driven on. Tap in place with a hammer.

- ☐ Attach the molded **PLASTIC PEDAL TREAD (13)** to the top of the **STEPPER PEDALS (12)** with **1/2" LONG SELF TAPPING PHILLIPS HEAD SCREWS (69)**.

- ☐ Fit a **5/8" I.D. X 1 5/8" LONG FLAIR END BUSHING (84)** onto the **Cylinder Pivot Tube** on the **STEPPER FRAME (11)**.

- ☐ Slide a **RESISTANCE CYLINDER (14)** over the **Cylinder Pivot Tube** and secure in place with a **5/8" SPRING RETAINER RING (79)**. Again the teeth of the Retainer Ring should be positioned outward and use the **5/8" ROUND PLASTIC COVER CAP (73)** as an aid to help secure the Retainer Ring in place. Tap this Cap and Retainer Ring on using a hammer.

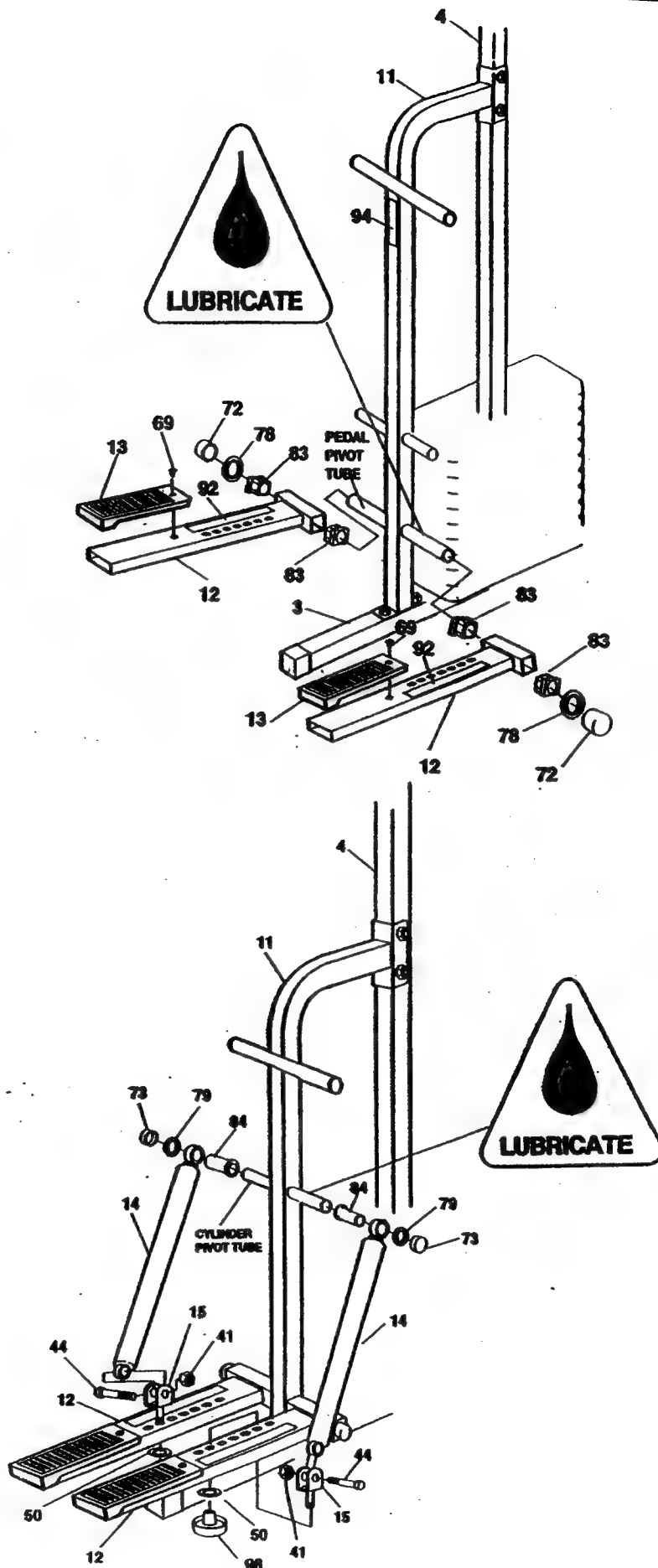
- ☐ To the bottom end of the **RESISTANCE CYLINDER (14)**, attach the **CYLINDER MOUNTING BRACKET (15)** with a **5/16" X 1 1/2" HEX HEAD BOLT (44)** and a **5/16" NYLON LOCK NUT (41)**. **DO NOT OVER TIGHTEN! THIS BRACKET MUST BE FREE TO PIVOT.**

- ☐ Remove the **STEPPER STATION DECAL (94)** from the backing sheet and apply to the upper **STEPPER FRAME (11)**.

- ☐ Remove the **RESISTANCE SCALE DECALS (92)** from the backing sheet and attach the Decals to the **STEPPER PEDALS (12)** along the side of the resistance holes so that the lightest setting (1) is aligned with the first hole and the scale reads from nearest the **STEPPER FRAME (11)** to farthest away from the Frame.

- ☐ Insert the bolt on the **CYLINDER MOUNTING BRACKET (15)** into one of the holes in the **STEPPER PEDAL (12)** and secure with a **3/8" FLAT WASHER (50)** and a **3/8" THREADED KNOB (98)**.

» **NOTE:** There are seven hole locations in the **STEPPER PEDALS (12)**. The Stepper resistance increases as the **RESISTANCE CYLINDER (14)** is moved toward the end of the Pedal.



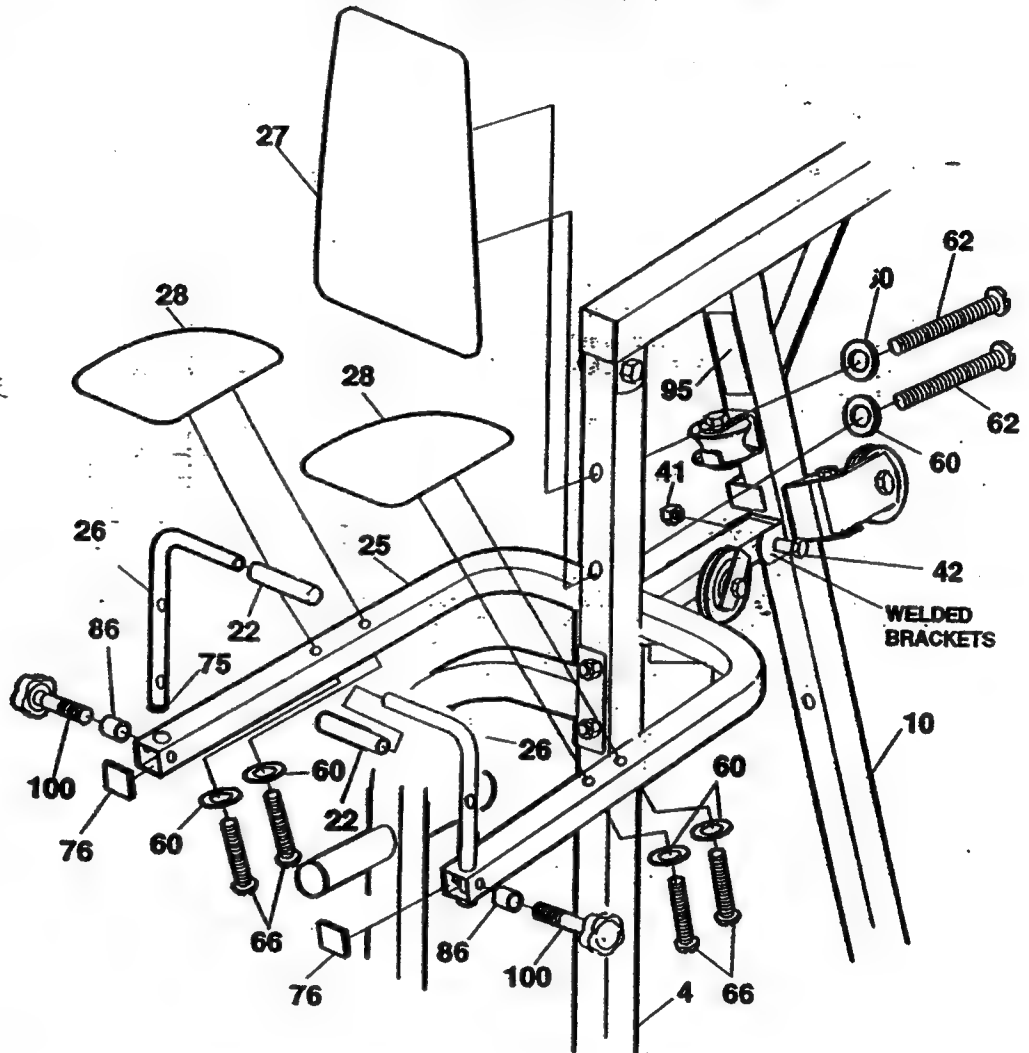
## STEP 6 VKR \ DIP STATION ASSEMBLY

PART NAME	QTY
41 5/16" NYLON LOCK NUT	1
42 5/16" X 2 1/2" HEX HEAD BOLT	1
60 1/4" FLAT WASHER	6
62 1/4" X 3/4" ROUND HEAD MACHINE SCREW	2
66 1/4" X 2" ROUND HEAD MACHINE SCREW	4
75 1" ROUND PLASTIC INSERT CAP	2
76 1 1/2" SQUARE PLASTIC INSERT CAP	2
86 1/2" O.D. X 3/8" LONG METAL BUSHING	2
100 5/16" X 1 3/4" KNOB PIN	2

- ☐ Press 1" ROUND PLASTIC INSERT CAPS (75) into the ends of the DIP HANDLES (26) with the holes.
- ☐ Press 1 1/2" SQUARE PLASTIC INSERT CAPS (76) into the ends of the DIP ARM (25).
- ☐ Assemble the DIP ARM (25) to the Welded Brackets located on the upper MAIN UPRIGHT (10) Post. Orient the Dip Arm so that the pre-assembled Pulley in the Welded U-Bracket is to the bottom of the Arm and also that the Arm is located on the top of the DIP SUPPORT BRACKET (10) located on the upper GUIDE ROD (4). Secure in place with 5/16" X 2 1/2" HEX HEAD BOLT (42) and a 5/16" NYLON LOCK NUT (41).

- ☐ Attach the DIP STATION BACKREST (27) to the back of the GUIDE ROD (4) by first assembling 1/4" FLAT WASHERS (60) onto two 1/4" X 3/4" ROUND HEAD MACHINE SCREWS (62) and then bolting through the Open Channel in the front of the Guide Rod and into the back of the Backrest.

- ☐ Assemble the DIP ARM PADS (28) to the arms of the DIP ARM (25) by first assembling 1/4" FLAT WASHERS (60) onto two 1/4" X 2" ROUND HEAD MACHINE SCREWS (66) and then bolting up through the Dip Arm and into the Dip Arm Pads.



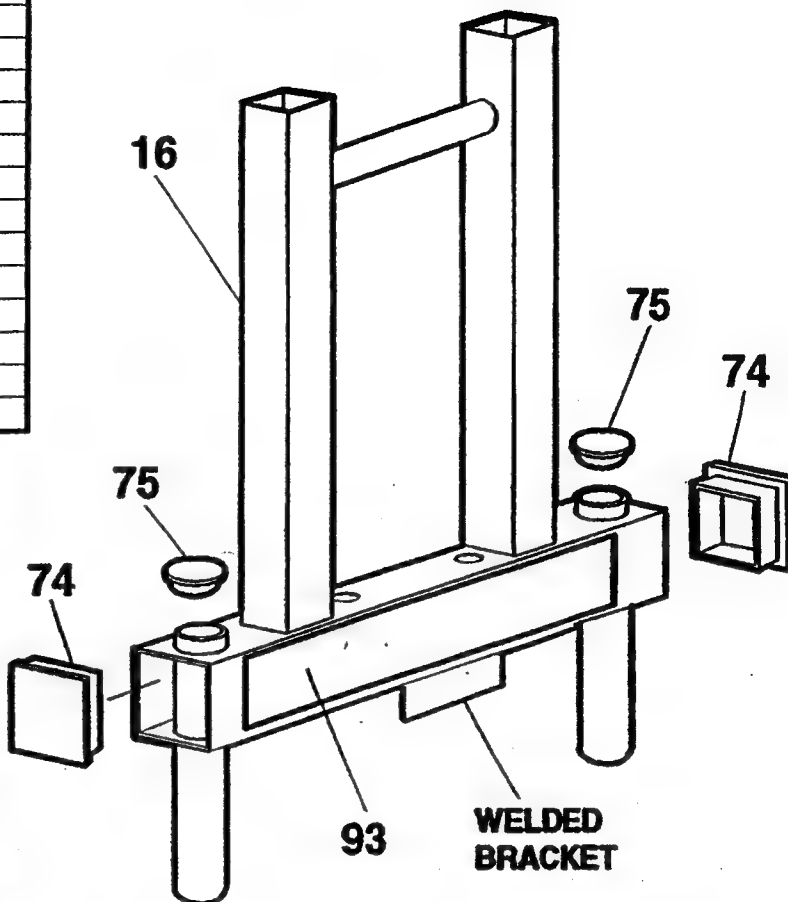
- ☐ Assemble the DIP HANDLES (26) up into the ends of the DIP ARM (25) and fasten into one of the two hole locations on the Handle by first assembling a 1/2" O.D. X 3/8" LONG METAL BUSHING (86) onto a 5/16" X 1 3/4" KNOB PIN (100) and then fastening through the end of the Arm into the Welded Nut.
- ☐ Assemble 1" X 5" PLASTIC GRIPS (22) onto the ends of the DIP HANDLES (26).
- ☐ Remove the DIP STATION DECAL (95) from the backing sheet and adhere to the back and top of the MAIN UPRIGHT (10) Post.



## STEP 7 ARM PRESS ASSEMBLY

PART NAME	QTY
40 5/16" FLAT WASHER	4
41 5/16" NYLON LOCK NUT	2
43 5/16" X 2 1/4" HEX HEAD BOLT	2
61 1/4" NYLON LOCK NUT	4
62 1/4" X 3/4" ROUND HEAD MACHINE SCREW	2
63 1/4" X 1" TAPER HEAD SCREW	2
67 1/2" NYLON LOCK NUT	1
68 1/2" X 8" HEX HEAD BOLT	1
72 1" ROUND PLASTIC COVER CAP	2
74 1 3/4" SQUARE PLASTIC INSERT CAP	6
75 1" ROUND PLASTIC INSERT CAP	4
78 1" SPRING RETAINER RING	4
85 1/2" I.D. X 2 5/8" LONG METAL BUSHING	2
86 1/2" O.D. X 3/8" LONG METAL SPACER	2

- ☐ Cap each end of the bottom cross-member tube of the ARM PRESS PIVOT FRAME (16) with 1 3/4" SQUARE PLASTIC INSERT CAPS (74).
- ☐ Cap the top of the Welded Pivot Tubes in the bottom cross-member tube of the ARM PRESS PIVOT FRAME (16) with 1" ROUND PLASTIC INSERT CAPS (75).
- ☐ Assemble a 1/2" I.D. X 2 5/8" LONG METAL BUSHING (85) onto a 1/2" X 8" HEX HEAD BOLT (68) and insert into the hole behind the L-Shaped Welded Plate on the top of the MAIN UPRIGHT (10). Assemble another 1/2" I.D. X 2 5/8" LONG METAL BUSHING (85) onto the Bolt and secure with a 1/2" NYLON NUT (67).
- ☐ Fit a 4" LONG HALF ROUND PLASTIC PIVOT BUSHING (20) onto the ARM PRESS PIVOT FRAME (16). Assemble this around the round tube welded between the Arm Press Pivot Frame. Position a second PIVOT BUSHING (20) around the tube.
- ☐ Assemble the ARM PRESS PIVOT FRAME (16) over the top end of the MAIN UPRIGHT (10) and onto the L-Shaped Welded Plate. Make sure that the Welded Bracket located at the bottom of the Arm Press Pivot Frame is to the front of the unit.
- ☐ Place the ARM PRESS CAP (19) on top of the ARM PRESS PIVOT BUSHING (20). Assemble the LAT BAR PLASTIC HOLDER (21) onto the top of the Arm Press Cap and directly behind the lip of the L-Shaped Welded Plate. Align the bolt holes in the Arm Press Cap and the Lat Bar Holder with the bolt holes in the L-Shaped Plate. Using 1/4" X 1" TAPER HEAD SCREWS (63), bolt down through the top of the Lat Bar Holder, the Cap, and then the L-Shaped Plate. Secure with 1/4" NYLON LOCK NUTS (61).
- ☐ Bolt the rear of the ARM PRESS CAP (19) assembly to the L-Shaped Welded Plate on the MAIN UPRIGHT (10) with two 1/4" X 3/4" ROUND HEAD MACHINE SCREWS (62). Secure with 1/4" NYLON LOCK NUTS (61).
- ☐ Remove the ARM PRESS DECAL (93) from the backing sheet and position the Decal to the front of the cross-member tube on the ARM PRESS PIVOT FRAME (16).
- ☐ Cap each end of the ARM PRESS ARMS (17) with 1 3/4" SQUARE PLASTIC INSERT CAPS (74).
- ☐ Press the ARM PRESS ARMS (17) onto the 1" Welded Pivot Tubes in the ARM PRESS PIVOT FRAME (16).



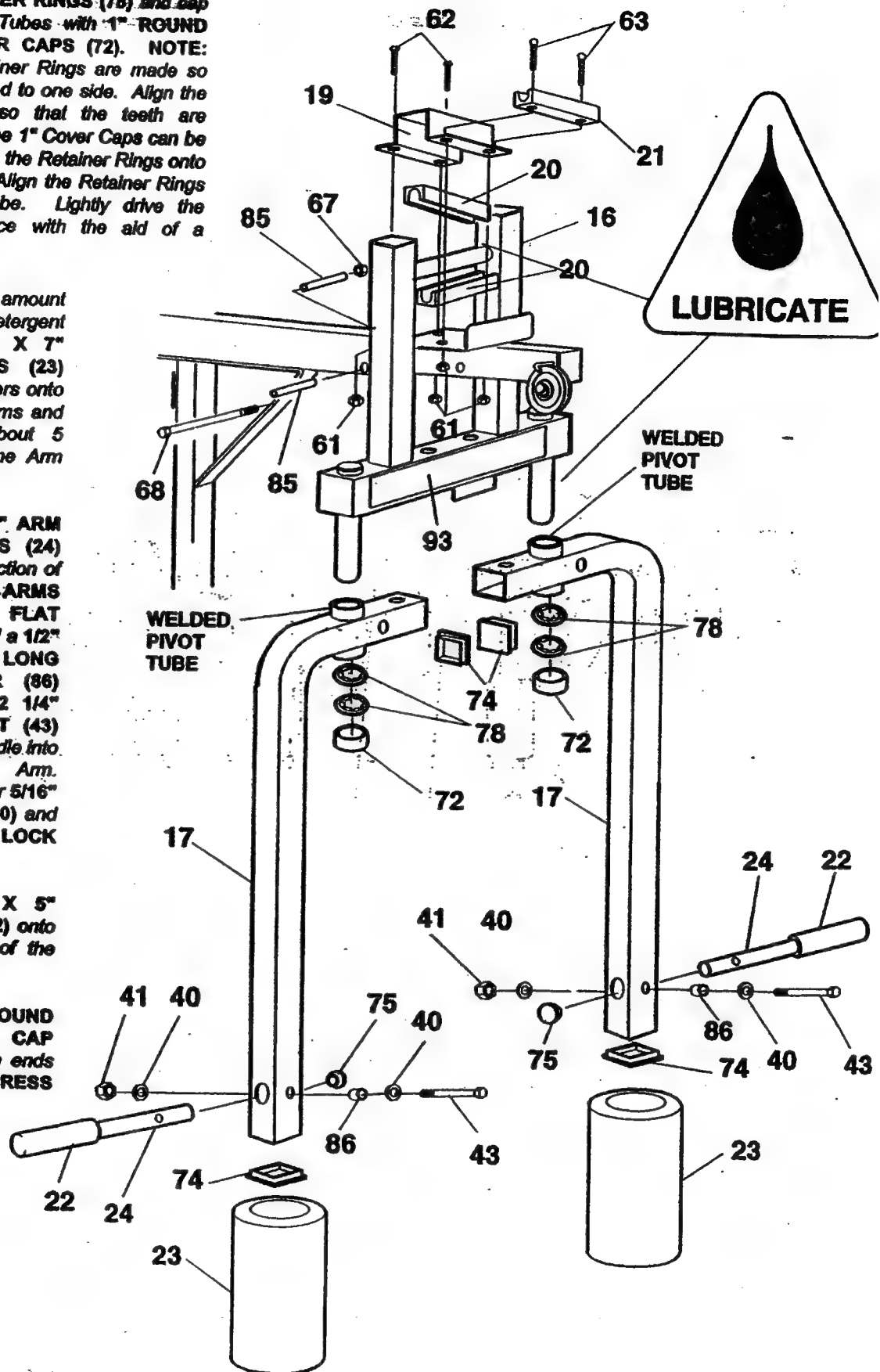
- Secure the ARM PRESS ARMS (17) onto the Pivot Tubes with TWO each 1" SPRING RETAINER RINGS (78) and cap the end of the Tubes with 1" ROUND PLASTIC COVER CAPS (72). NOTE: The Spring Retainer Rings are made so that the teeth bend to one side. Align the Retainer Rings so that the teeth are pointed down. The 1" Cover Caps can be used to help drive the Retainer Rings onto the Pivot Tube. Align the Retainer Rings and cap the Tube. Lightly drive the assembly in place with the aid of a hammer.

- Squeeze a small amount of liquid dish detergent into the 3 1/4" X 7" FOAM ROLLERS (23) and slide the Rollers onto the Arm Press Arms and position them about 5 inches up from the Arm Press Arm end.

- Insert the 1" X 7" ARM PRESS HANDLES (24) into the bottom section of the ARM PRESS ARMS (17). Fit a 5/16" FLAT WASHER (40) and a 1/2" O.D. X 3/8" LONG METAL SPACER (86) onto a 5/16" X 2 1/4" HEX HEAD BOLT (43) and attach the Handle into the Arm Press Arm. Fasten with another 5/16" FLAT WASHER (40) and a 5/16" NYLON LOCK NUT (41).

- Assemble a 1" X 5" PLASTIC GRIP (22) onto the outside ends of the HANDLES (24).

- Assemble a 1" ROUND PLASTIC INSERT CAP (75) into the inside ends of the ARM PRESS HANDLES (24).

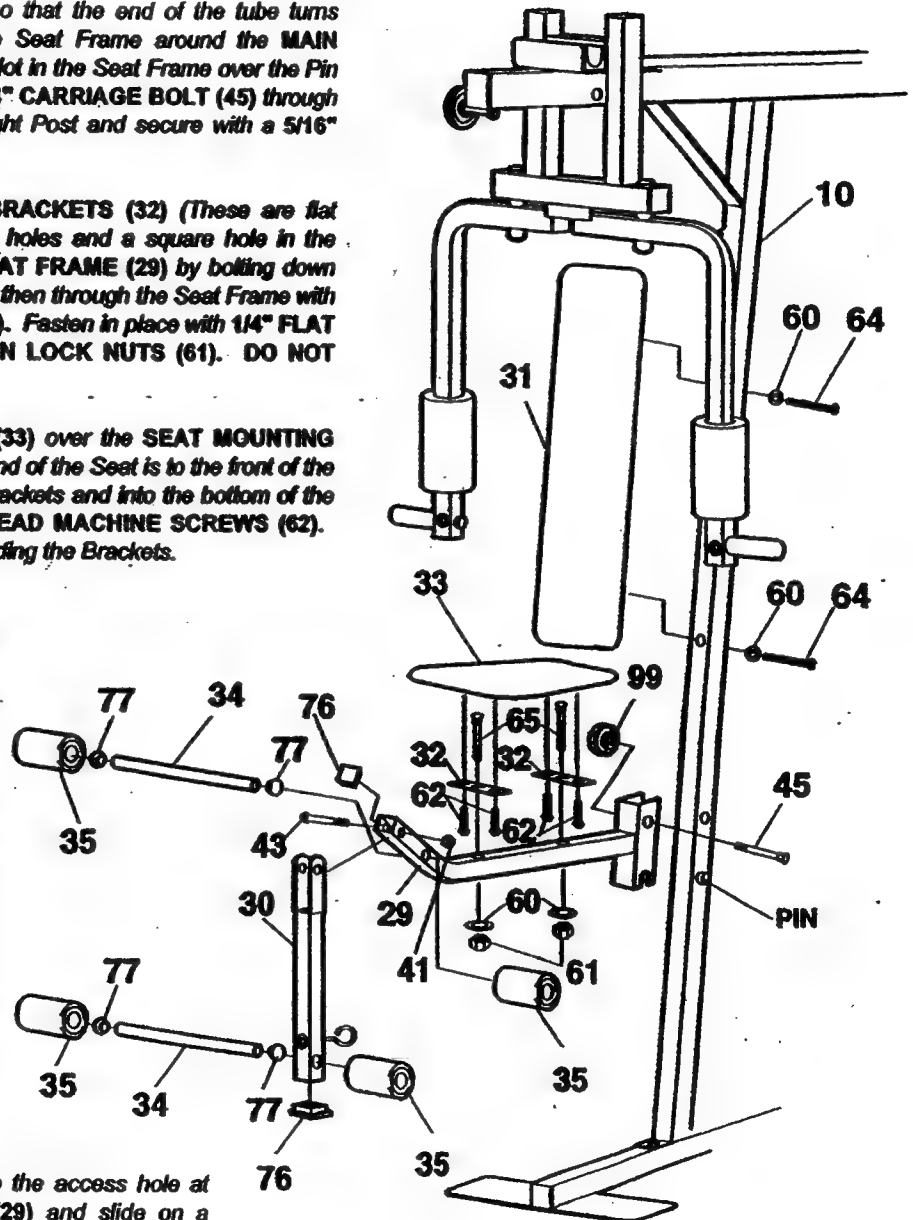


**STEP 8 BACKREST, SEAT, & LEG EXTENSION ASSEMBLY**

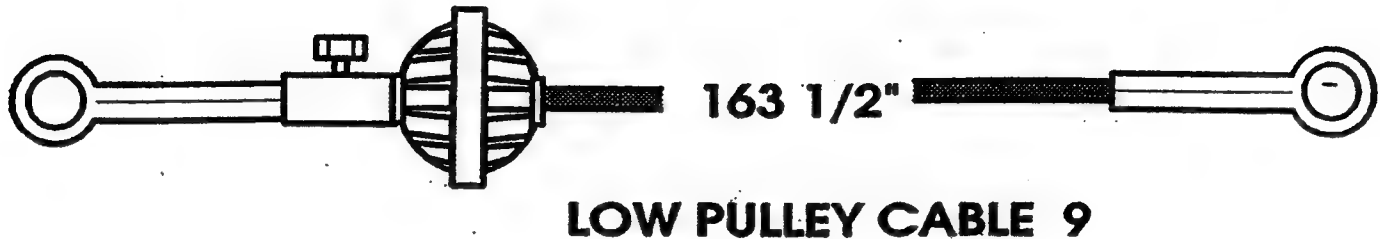
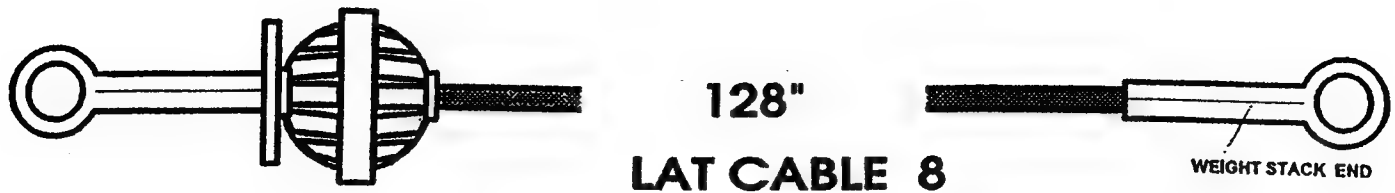
PART NAME	QTY
41 5/16" NYLON LOCK NUT	1
43 5/16" X 2 1/4" HEX HEAD BOLT	1
45 5/16" X 2 3/4" CARRIAGE BOLT	1
60 1/4" FLAT WASHER	4
61 1/4" NYLON LOCK NUT	2
62 1/4" X 3/4" ROUND HEAD MACHINE SCREW	4
64 1/4" X 2 1/2" ROUND HEAD MACHINE SCREW	2
65 1/4" X 2" CARRIAGE BOLT	2
76 1 1/2" SQUARE PLASTIC INSERT CAP	2
77 3/4" ROUND PLASTIC INSERT CAP	4
99 5/16" THREADED KNOB	1

- ☐ Cap the end of the SEAT FRAME (29) with a 1 1/2" SQUARE PLASTIC INSERT CAP (76).
- ☐ Cap the bottom of the LEG EXTENSION (30) with a 1 1/2" SQUARE PLASTIC INSERT CAP (76).
- ☐ Assemble the ARM PRESS BACKREST (31) to the MAIN UPRIGHT (10) by first assembling 1/4" FLAT WASHERS (60) onto two 1/4" X 2 1/2" ROUND HEAD MACHINE SCREWS (64) and then bolt through the back of the Upright and into the Backrest.

- ☐ Orient the SEAT FRAME (29) so that the end of the tube turns upward. Fit the Bracket of the Seat Frame around the MAIN UPRIGHT (10) Post and set the slot in the Seat Frame over the Pin in the Post. Insert a 5/16" X 2 3/4" CARRIAGE BOLT (45) through the Seat Bracket and Main Upright Post and secure with a 5/16" THREADED KNOB (99).
- ☐ Attach the SEAT MOUNTING BRACKETS (32) (These are flat brackets 2" X 6" with two round holes and a square hole in the center.) to the top side of the SEAT FRAME (29) by bolting down through the Mounting Bracket and then through the Seat Frame with 1/4" X 2" CARRIAGE BOLTS (65). Fasten in place with 1/4" FLAT WASHERS (60) and 1/4" NYLON LOCK NUTS (61). DO NOT tighten at this time.
- ☐ Locate the ARM PRESS SEAT (33) over the SEAT MOUNTING BRACKET (32) so that the wide end of the Seat is to the front of the unit. Assemble up through the Brackets and into the bottom of the Seat with 1/4" X 3/4" ROUND HEAD MACHINE SCREWS (62). Now tighten the Carriage Bolts holding the Brackets.
- ☐ Bolt the LEG EXTENSION (30) to the hole location at the end of the SEAT FRAME (29) using a 5/16" X 2 1/4" HEX HEAD BOLT (43) and a 5/16" NYLON LOCK NUT (41).
- ☐ Press 3/4" ROUND PLASTIC INSERT CAPS (77) into the ends of the 3/4" X 13" PAD BARS (34). Wipe a small amount of liquid dish detergent along the length of the Pad Bars. This will help in the assembly of the Foam Rollers. When the detergent dries, it will also act as an adhesive. Insert the Pad Bars into the 3" X 5 3/4" FOAM ROLLERS (35).
- ☐ Insert one Pad Bar assembly into the access hole at the front of the SEAT FRAME (29) and slide on a second 3" X 5 3/4" FOAM ROLLER (35).
- ☐ Insert the other Pad Bar assembly into the bottom section of the LEG EXTENSION (30) and slide on another 3" X 5 3/4" FOAM ROLLER (35).



## CABLES



### AVOID CABLE PROBLEMS:

Woven Cable, like the type used on this Gym, stretch as they become broken in. It is critical to the function of the Gym that excess Cable slack be kept adjusted out of the Cable run. For the Lat Pull-Down and the Bench Press; this is done at the Low Pulley Cable adjustment. Always keep excess slack adjusted out of the Cable run. Anything more than 1 inch of slack will take away from a full range of conditioning.

Also, periodic lubrication of all moving parts; Pulleys, Brackets, Guide Wheels, and Guide Rods will eliminate excess friction and let the system work smoothly.

IF YOUR HOME GYM FEELS LIKE IT IS BINDING UP, READ THE FOLLOWING:

During use, if it ever feels like the exercise is binding up, stop immediately and check the Cable run and Pulleys to see if a Cable has jumped off a Pulley or if it is binding on a Cable Trap Bracket. Prompt attention may prevent Cable damage.

### SAFETY TIPS:

- ☐ ALWAYS MAKE CERTAIN THAT SMALL CHILDREN ARE CLEAR OF THE UNIT WHILE IN USE.
- ☐ DO NOT ALLOW CHILDREN TO PLAY ON THIS EQUIPMENT UNATTENDED.
- ☐ NEVER PUT YOUR HANDS, FINGERS, OR OTHER PARTS OF YOUR BODY BETWEEN MOVING PARTS OR WEIGHTS WHILE THE GYM IS IN USE.
- ☐ KEEP ALL BOLTS AND FASTENERS TIGHTENED.

## STEP 9 LAT CABLE ASSEMBLY

- » **NOTE:** Some of the Pulleys have been pre-assembled to the unit at the factory - to assemble the Cables, you may need to loosen them slightly to position the Cable within the Pulley and under the Cable Trap Brackets.



ENTIRE LAT CABLE ROUTING

- Return to the LAT CABLE (8) assembled into the WEIGHT SELECTOR TUBE (6) in the top of the WEIGHT '5) Stack. Now, bring the Cable up to PULLEY D (36) assembled into the Welded Brackets beneath the DIP ARM (25). Assemble the Cable into the Pulley and tighten the assembly. (SEE ILLUSTRATION A)

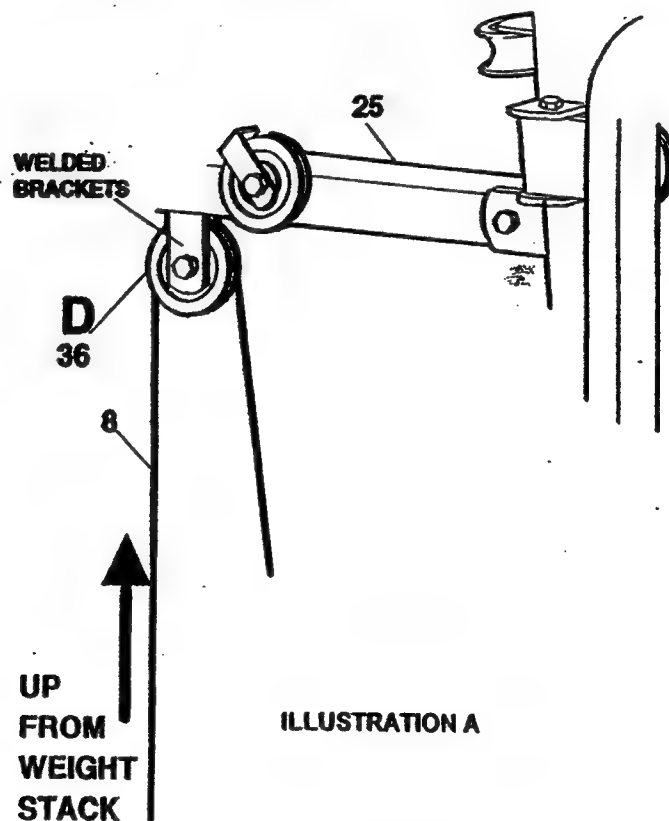


ILLUSTRATION A

- ☐ Loop the CABLE (8) down between the MAIN UPRIGHT (10) and the GUIDE ROD (4). (SEE ILLUSTRATION B)

DOWN  
FROM  
PULLEY D

UP TO  
PULLEY B

8

ILLUSTRATION B

- ☐ Take the CABLE (8) back up to PULLEY B (36) assembled on the side of the DIP ARM (25). Fit the Cable into PULLEY B (36) and position the CABLE TRAP BRACKET (37) at about the 11 o'clock position. Tighten the assembly securely. (SEE ILLUSTRATION C)

- ☐ Bring the CABLE (8) forward to the top and front of the MAIN UPRIGHT (10) to PULLEY A (36), passing through the ARM PRESS PIVOT FRAME (16). Fit the Cable under the Welded Trap Bracket and tighten the Pulley assembly.

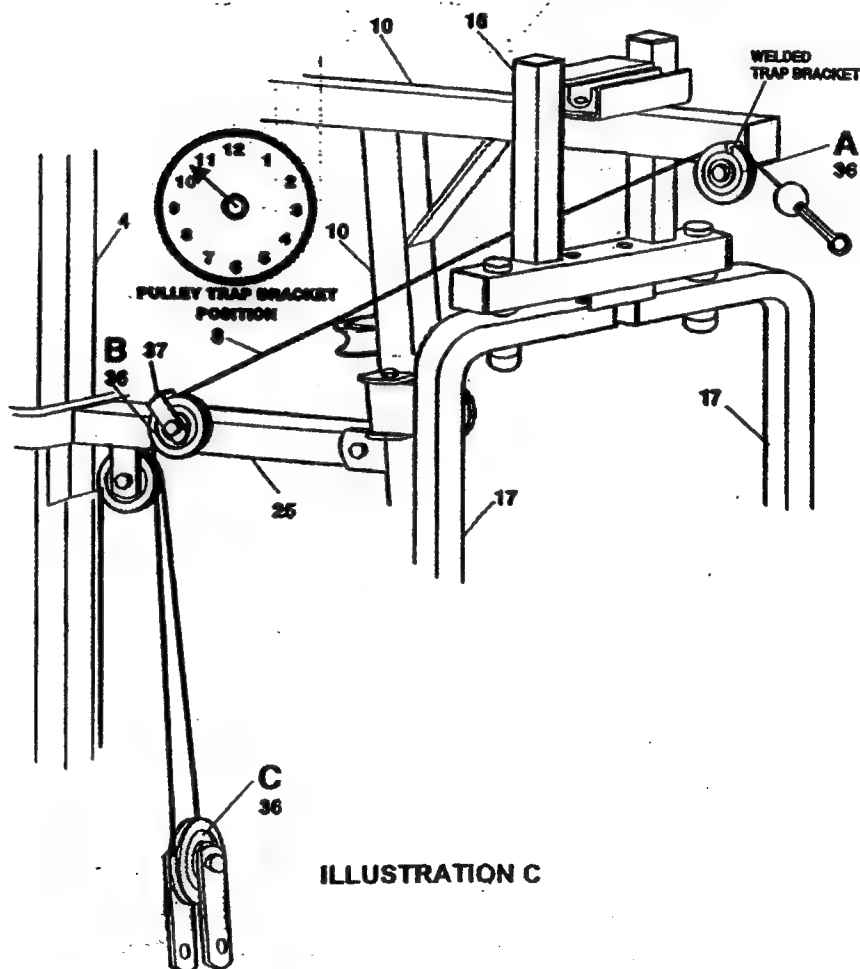


ILLUSTRATION C



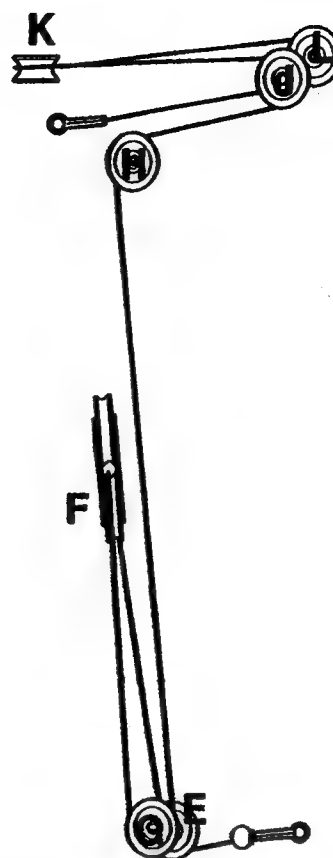
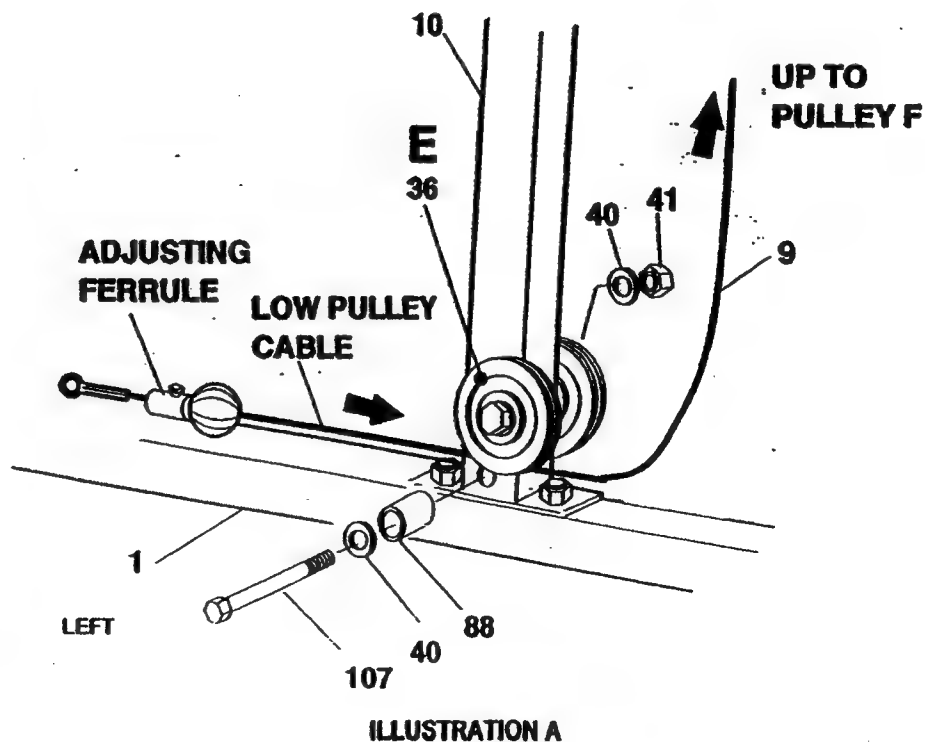
**STEP 10 LOW PULLEY CABLE ASSEMBLY**

PART NAME	QTY
40 5/16" FLAT WASHER	4
41 5/16" NYLON LOCK NUT	4
42 5/16" X 2 1/2" HEX HEAD BOLT	2
88 1/2" O.D. X 1" LONG METAL BUSHING	1
107 5/16" X 3 1/2" HEX HEAD BOLT	1
109 5/16" X 3/4" HEX HEAD BOLT	1

- ☐ Select the **LOW PULLEY CABLE (9)**.  
(This Cable has an Adjusting Ferrule and a Stopper Ball with a Loop on one end and just a Loop on the other.)

» **NOTE:** You may have to loosen or completely undo some pre-assembled Pulleys to make this assembly.

- ☐ Begin at the front and **LEFT** side of the unit at the base of the **MAIN UPRIGHT (10)** with the end of the Cable with the Adjusting Ferrule and Stopper Ball and insert the Cable into **PULLEY E (36)**. Check to make sure that the Adjusting Ferrule and the Stopper Ball are aligned as shown in the illustration. Tighten this assembly at this time. To trap the Cable in the Pulley, assemble a 5/16" FLAT WASHER (40) and a 1/2" O.D. X 1" LONG METAL BUSHING (88) onto a 5/16" X 3 1/2" HEX HEAD BOLT (107) and bolt through the hole location on the Main Upright directly below the Pulley. Assemble another 5/16" FLAT WASHER (40) onto the Bolt and secure with a 5/16" NYLON LOCK NUT (41). (SEE ILLUSTRATION A)

**ENTIRE LOW PULLEY CABLE ROUTING**

- ☐ Remove PULLEY F (36) from the DUAL PULLEY CONNECTOR PLATE (39) assembly and fit the Pulley assembly over the loop formed in the LAT CABLE (8). Bring the LOW PULLEY CABLE (9) up from PULLEY E (36) and assemble over PULLEY F. Re-assemble PULLEY F and the Cable into the Dual Pulley Connector Plates. Tighten the Bolts tightly. (The Lat Cable and the Low Pulley Cable should be seated into the Pulleys so they can not come out.) (SEE ILLUSTRATION B)

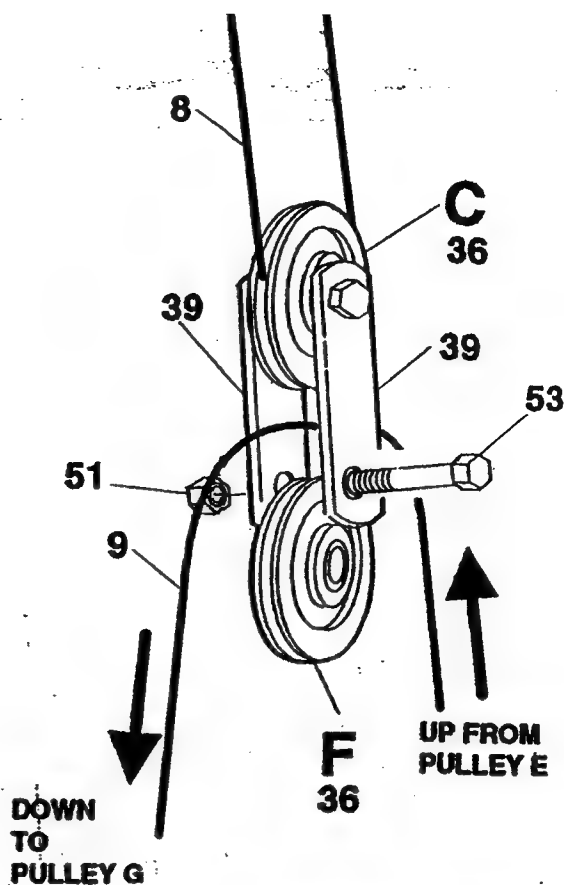


ILLUSTRATION B

- ☐ Bring the LOW PULLEY CABLE (9) back down to the base of the MAIN UPRIGHT (10) and insert into PULLEY G (36). Position the CABLE TRAP BRACKET (37) at about the five o'clock position. Adjust the Cable Trap Bracket so it is about 1/16" from the edge of the Pulley. This assembly can now be tightened tightly. (Make sure the Pulleys can turn freely.) (SEE ILLUSTRATION C)

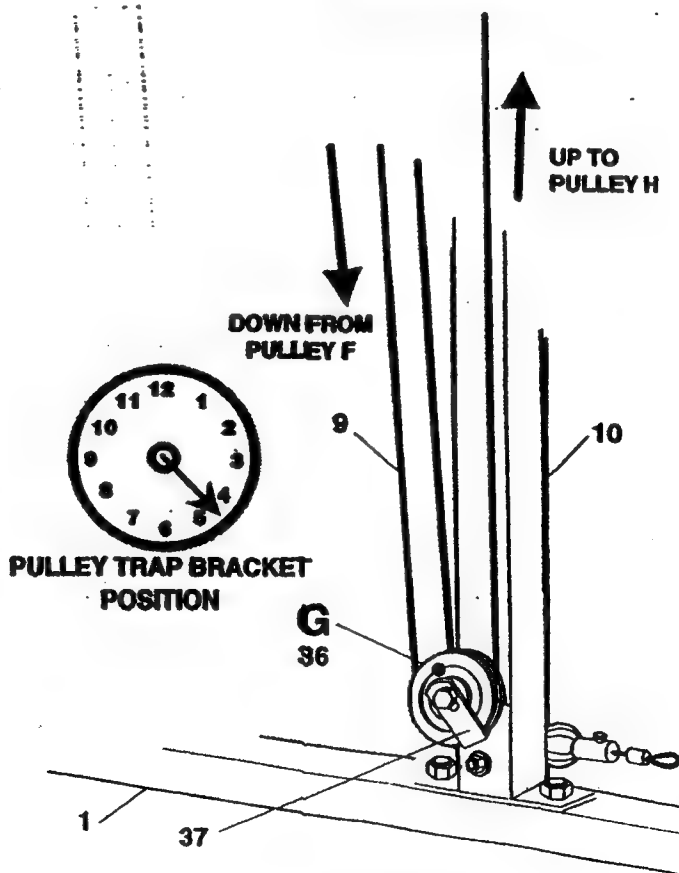


ILLUSTRATION C

- ☐ Next, bring the CABLE (9) up the MAIN UPRIGHT (10) to the Pulley assembly at the top and back of the Upright. Assemble the Cable into PULLEY H (36) located on the side of the Pulley assembly. Position the CABLE TRAP BRACKET (37) at about the ten o'clock position and re-tighten the assembly so that the Cable Trap Bracket is about 1/16" from the edge of the Pulley. Tighten the Bolt enough so that the Cable Trap Bracket can not rotate. (SEE ILLUSTRATION D)

- ☐ Tighten the PULLEY PIVOT BRACKET BOLT (108) securely but not so tight that the PULLEY PIVOT BRACKET (97) cannot swivel in and out.

- ☐ Looking at ILLUSTRATION E, assemble the ARM PRESS "U" BRACKETS (110) with the pre-assembled Arm Press Pivot Brackets and Pulleys to the back of the ARM PRESS ARMS (17). Make sure to orient the Brackets so that the "elbow" of the ARM PRESS PIVOT BRACKET (113) is to the OUTSIDE. Bolt in place by first assembling 5/16" FLAT WASHERS (40) onto two 5/16" X 2 1/2" HEX HEAD BOLT (42) and then bolting through the front of the Arm Press Arms and then into the inside of the U-Brackets. Secure inside the U-Brackets with 5/16" NYLON LOCK NUTS (41).

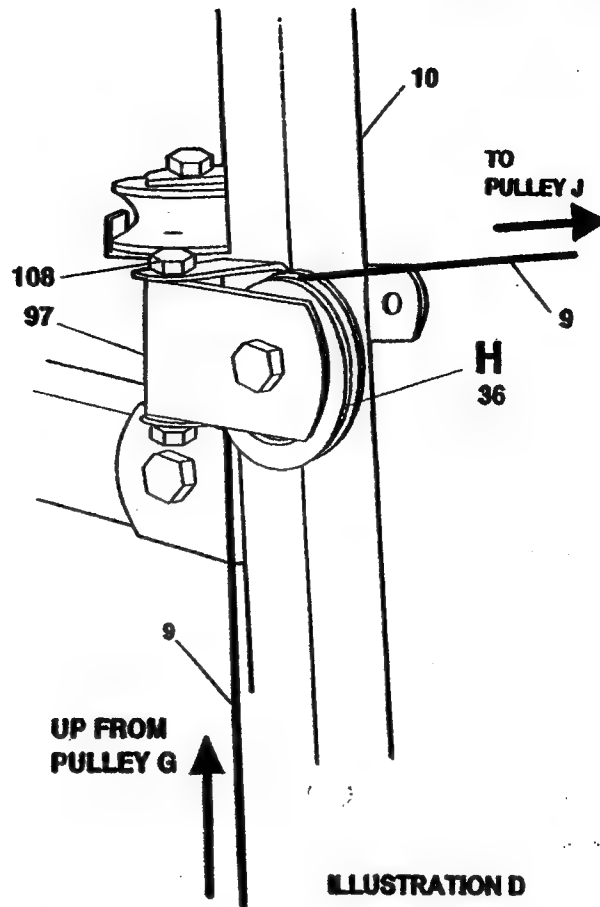


ILLUSTRATION D

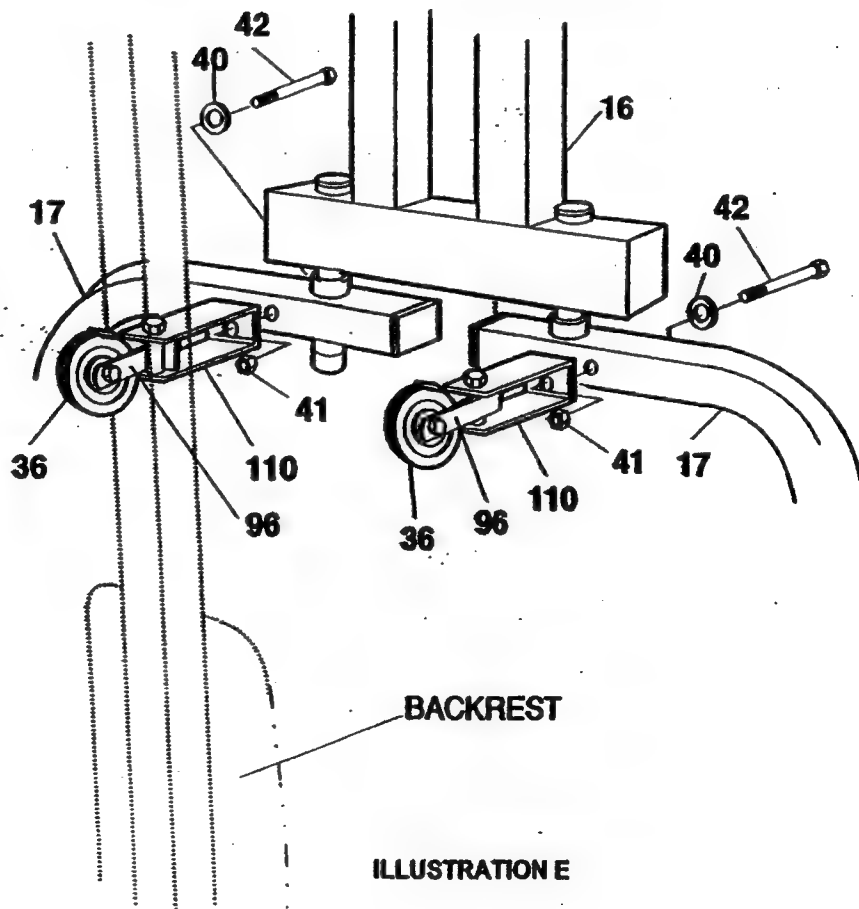


ILLUSTRATION E

PULLEY H (36) and loop it under and around PULLEY J (36) on the RIGHT ARM PRESS ARM (17). Set the CABLE TRAP BRACKET (37) over the Pulley and Cable and set the Bracket at about the three o'clock position and tighten the assembly. Check to see that the assembly is bolted tightly into the ARM PRESS PIVOT BRACKET (96) but still loose enough to swivel freely. (SEE ILLUSTRATION F)

- ☐ Next, bring the CABLE (9) back around behind the MAIN UPRIGHT (10) and fit the Cable into the pre-assembled 3 1/2" "V" PULLEY K (102). Position the CABLE TRAP BRACKET METAL (116) straight to the back and adjust to within 1/16" of the Pulley edge. Tighten the PULLEY BOLT (57) securely.

- ☐ Take the CABLE (9) forward and loop it over PULLEY L (36) on the back of the LEFT ARM PRESS ARM (17). Set the CABLE TRAP BRACKET (37) at the three o'clock position and tighten the PULLEY BOLT (55). Check the ARM PRESS PIVOT BRACKET (96) to see that it is tight but can still swivel.

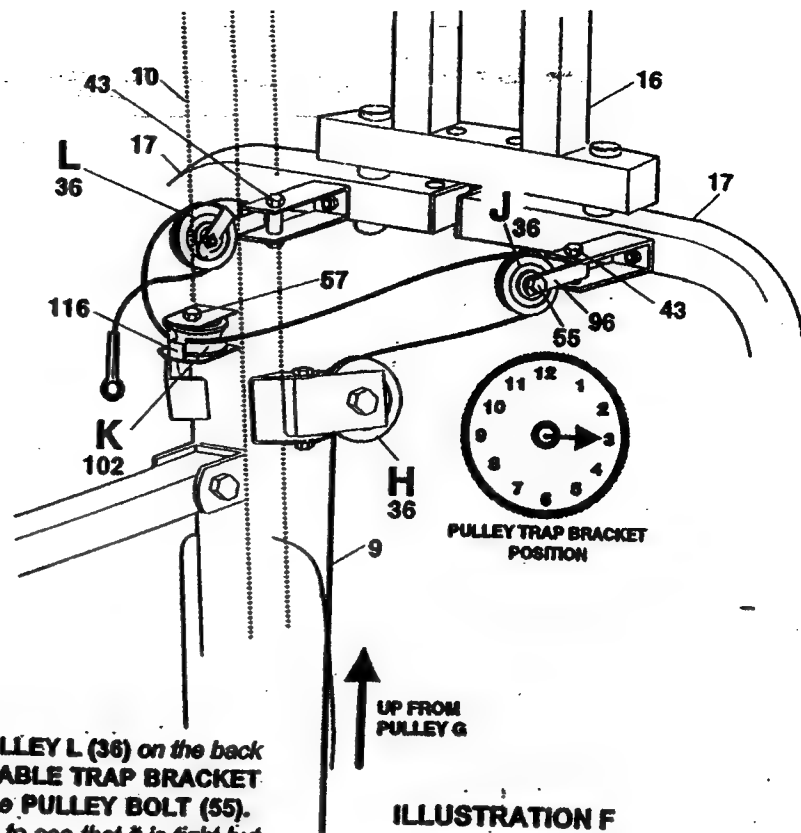


ILLUSTRATION F

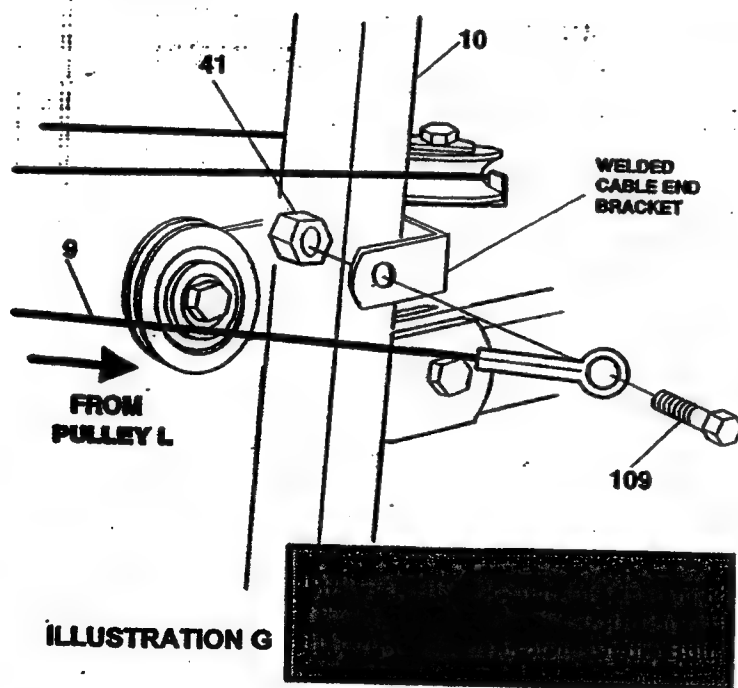


ILLUSTRATION G

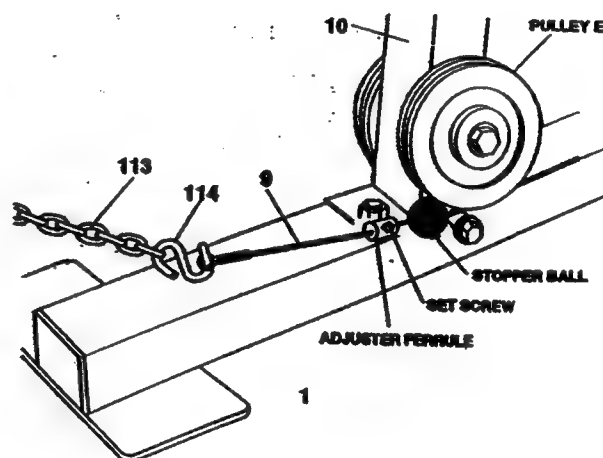


ILLUSTRATION H

- ☐ Pull the CABLE (9) back to the Pulley assembly behind and at the top of the MAIN UPRIGHT (10) Post. Assemble the Cable to the Welded Cable End Bracket using a 5/16" X 3/4" HEX HEAD BOLT (109) and a 5/16" NYLON LOCK NUT (41). Tighten securely but leave enough gap so that the Cable can rotate on the Bolt. (SEE ILLUSTRATION G)
- ☐ Check to see now that the entire Cable runs are seated into the Pulleys and pull the slack out of the Cable systems from the front Low PULLEY E position on the lower MAIN UPRIGHT (10). Slide the Stopper Ball and Adjuster Ferrule tightly against the Low Pulley and tighten the Set Screw in the Adjuster Ferrule tightly so it can not slip. (SEE ILLUSTRATION H)

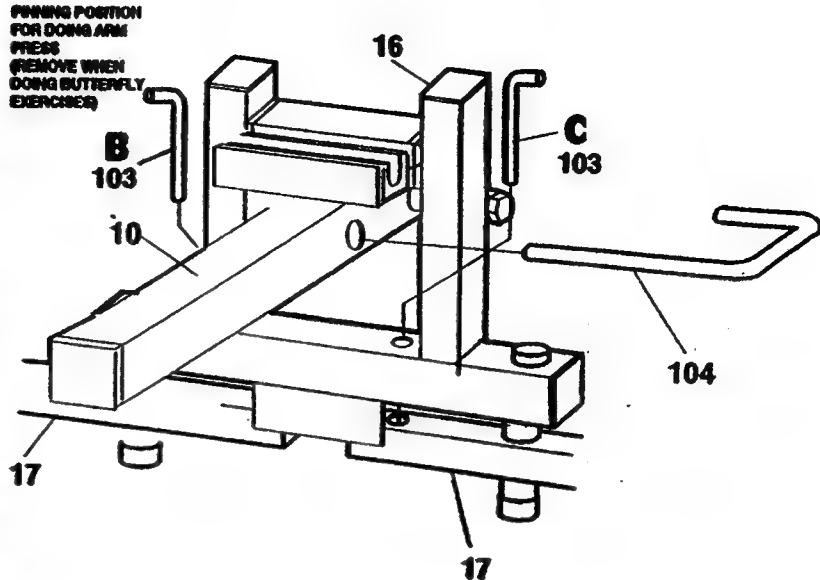
# HOW TO USE YOUR HOME GYM:

## ARM PRESS EXERCISES:

The Arm Press Arms are locked in place with "L" Locking Pins (103). When doing Arm Press exercises, Locking Pins "B" and "C" should be pinned through the ARM PRESS PIVOT FRAME (9) and the ARM PRESS ARMS (13).

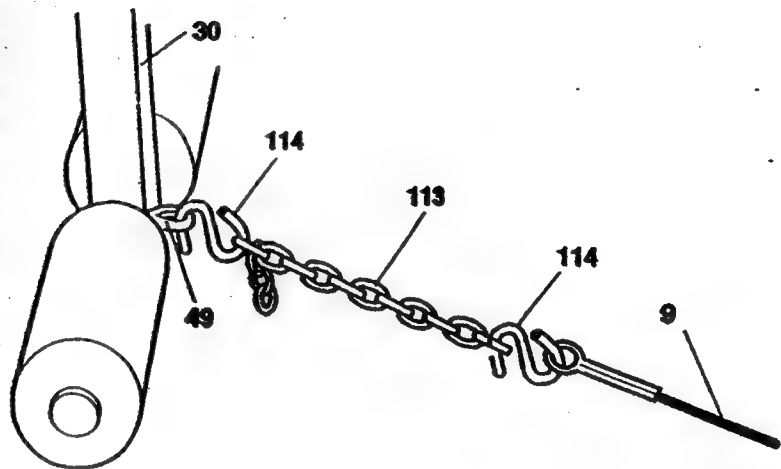
## BUTTERFLY EXERCISES:

When doing Butterfly Exercises, remove Locking Pins "B" and "C". (Note: Locking Pins "B" and "C" should always be in place for all exercises except Butterfly Exercises to keep Cables properly tensioned.) Insert the "J" PIN (104) into the hole in the TOP MAIN UPRIGHT (3) and hook the Pin around the ARM PRESS PIVOT FRAME (9).



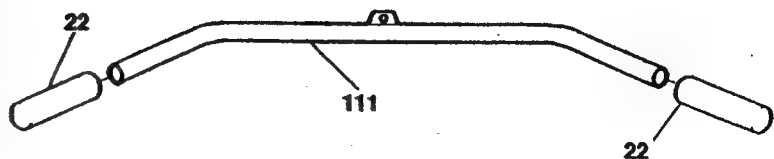
## LEG EXTENSION EXERCISES:

To perform 1.) Seated Leg Extensions and 2.) Standing Leg Curls, the Low Pulley Cable should be attached to the Leg Extension by using the 12" LINKING CHAIN (99) and "S" HOOKS (98). Let the Leg Extension hang perpendicular to the floor for normal Leg Extension and Curl Exercises. If you wish to add additional range of motion for Leg Extensions, connect the Leg Extension so it is further under the Seat.



## LAT PULL-DOWN EXERCISES:

Assemble 1" X 5" PLASTIC GRIPS (17) onto the ends of the LAT BAR (100). Connect the LAT BAR (100) to the Lat Cable using a FIREMAN'S LATCH HOOK (102). When the Lat Bar is not in use, it can be placed in the Lat Bar Holder at the top end of the Main Upright.

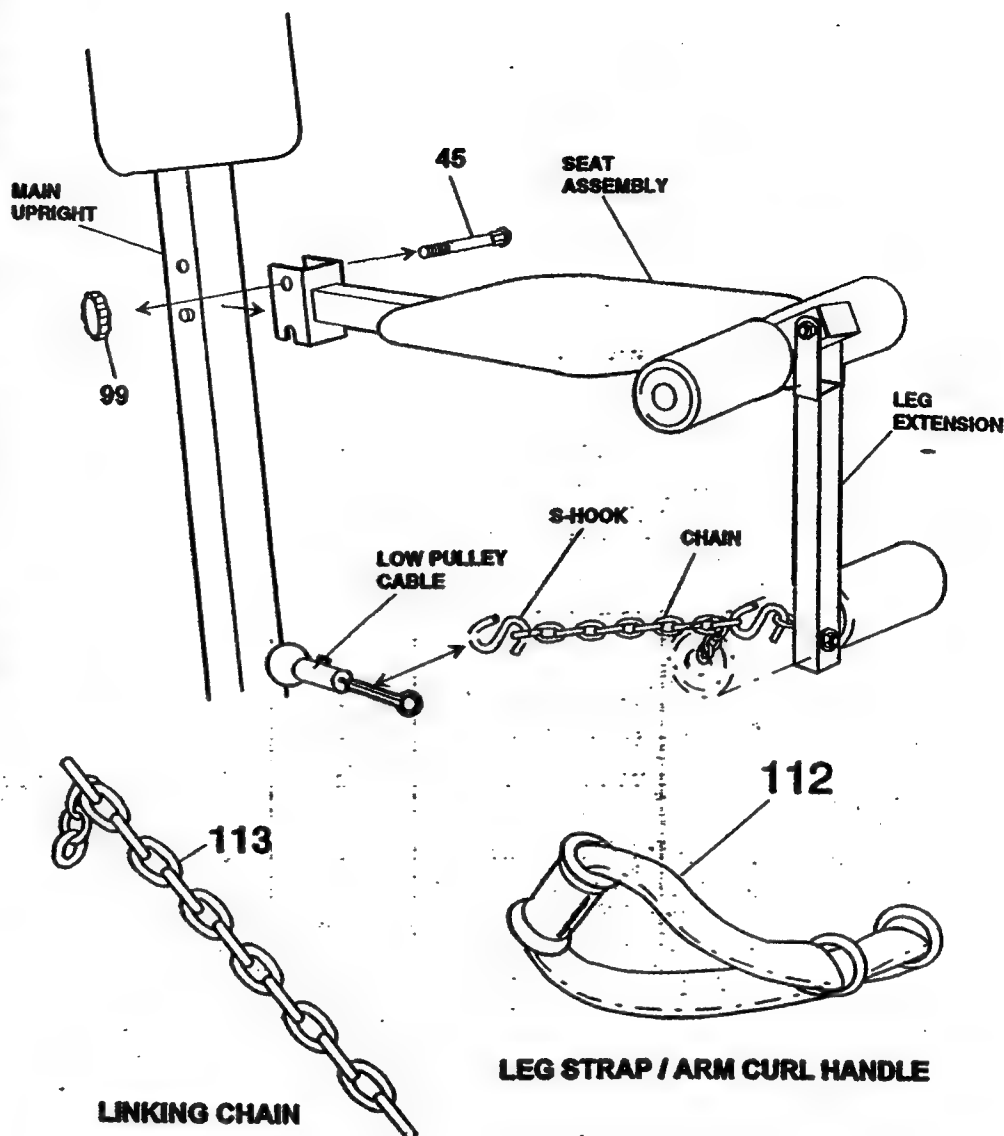


## LOW PULLEY EXERCISES:

When doing Low Pulley Exercises, the Seat/Leg Extension Assembly should be removed from the Main Upright. To remove the Seat Assembly simply unhook the Low Pulley Cable from the Leg Extension, unscrew the Seat Knob Pin Assembly, and lift the Seat Assembly off the Pin on the Main Upright.

Connect the Leg Strap / Arm Curl Handle to the Cable at the Low Pulley using a "S" Hook. The Linking Chain can be used to extend the Strap further away from the Frame as needed.

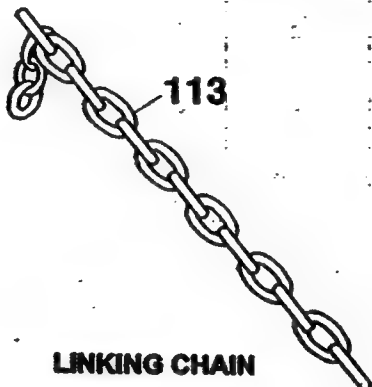
The Lat Bar can also be used at the Low Pulley Station for doing Curls, Rows, and other Exercises.



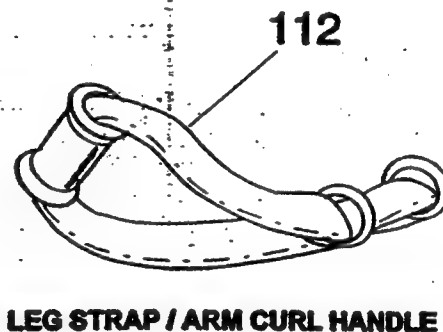
S-HOOK



FIREMAN'S LATCH HOOK



LINKING CHAIN



LEG STRAP / ARM CURL HANDLE

## STEPPER:

Bolt the Resistance Cylinders to the Stepper Pedals at your desired resistance setting. The resistance will become greater as you move the Cylinder back toward the end of the Pedal.

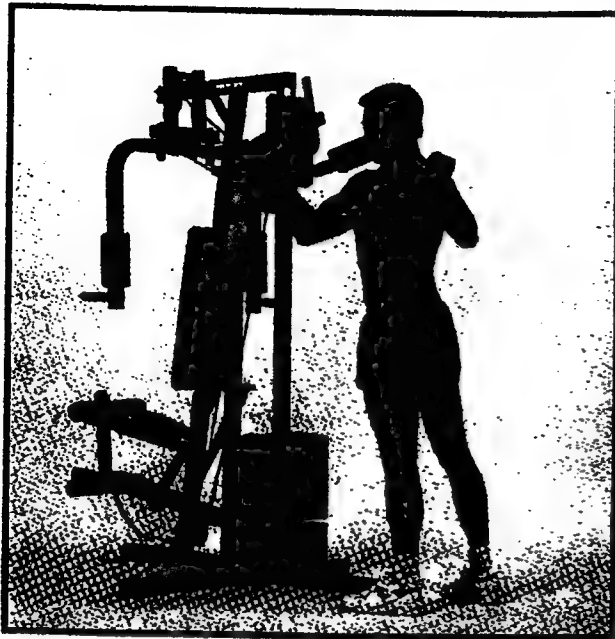
When doing Aerobic Stepper conditioning, the object is to take short, fast steps in order to elevate your heart rate and increase the blood flow. The resistance serves two functions, one is to accommodate a wide range of user weight, and the second is to vary the rate of speed needed to keep the Pedals from bottoming out at the end of the stroke.

## V.K.R./ DIP STATION EXERCISES:

When using the V.K.R./Dip Station, position yourself inside the Dip Arms, grasp the Arms or Dip Handles, place your arms atop the Arm Pads and then spring up into position.



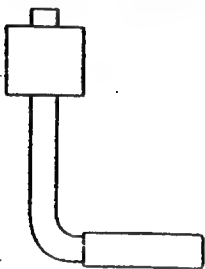
# X10MW MULTI-PURPOSE VKR STATION



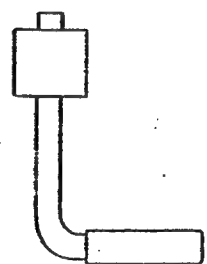
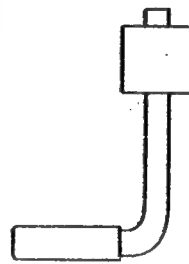
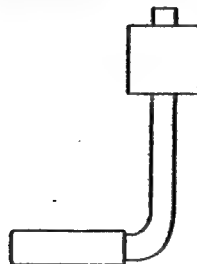
This versatile station can be used for doing standing shoulder presses and squats, as well as leg raises and dips. To perform squats and presses the adjustable VKR Handles can be positioned at two heights above or below the arms and oriented to the inside or to the outside.

Adjust the handles to any height and turn them to the inside or the outside to fit your height and build.

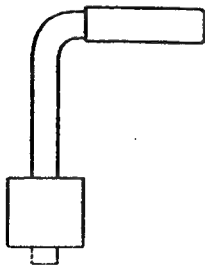
Pictured to the left is a demonstrator doing a shoulder press with the handles downward and to the outside.



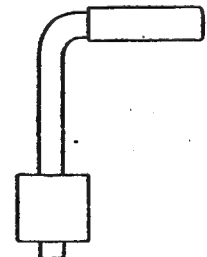
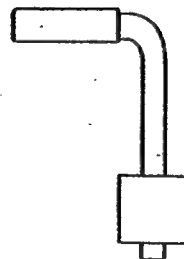
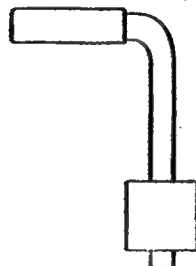
**HANDLE POSITION - DOWN and IN**



**HANDLE POSITION - DOWN and OUT**



**HANDLE POSITION - UP and IN**



**HANDLE POSITION - UP and OUT**

## UNPACKING TIPS:

- To avoid losing small parts during the unpacking process we suggest that you remove and unwrap one part at a time and discard the paper wrapping in the lid of the box.
- Do not discard packing material until the gym is completely assembled. If you are missing a part, it may have gotten mixed up with the wrapping paper.
- Lay each unwrapped part to the side so you can easily see each part for ease of identification as you do your assembly.
- Lay the nuts, bolts, washers, etc. in groups of like sizes and lengths. Putting these inside the carton bottom would be a good place to hold them to avoid losing parts. You can also write the sizes below each group to help you identify them quicker.

## TOOLS REQUIRED FOR ASSEMBLY

1. Two adjustable crescent wrenches or a combination of 1/2" and 9/16" box end wrenches
2. Phillips Screwdriver
3. Flat Blade Screwdriver
4. Hammer

## MAINTENANCE

- To insure that your fitness equipment functions at peak efficiency and to reduce drag and wear on components, it is essential that pulleys, hinges, guide rods and other moving parts be properly lubricated and maintained. You will see throughout the assembly manual the symbol to the right.
- After you have completed the assembly of this product, you should lubricate all the indicated areas before using. In the future you should lubricate these areas at least once a month. The guide rods and guide wheels should be lubricated weekly as they will be more inclined to have the oil wiped away.
- Use a household type light weight oil as a lubricant. Most household light weight oil can be purchased in any hardware department.



# CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your personal fitness program. Remember adequate rest and good nutrition are also essential to the success of any fitness program. **BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN!**

## EXERCISE INTENSITY

To maximize the benefits from exercising, your level of exertion must exceed mild demands while fall short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise, the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone". You can determine your Training Zone by consulting the table below. Training Zones are listed for both conditioned and unconditioned persons according to age. Use the column that is appropriate for you.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)	AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162	55	127-155	122-149
25	136-166	132-160	60	126-153	121-147
30	135-164	130-158	65	125-151	119-145
35	134-162	129-156	70	123-150	118-144
40	132-161	127-155	75	122-147	117-142
45	131-159	125-153	80	120-146	115-140

During the first few weeks of your exercise program, you should keep your heart rate near the low end of your Training Zone. Over the course of a few months, gradually increase your heart rate until it reaches the high end of your Training Zone. As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.

The easiest way to measure your heart rate is to stop exercising and place two fingers on your wrist where you feel a pulse. Carefully take a six-second heart beat count. (A six-second count is used because your heart rate will drop rapidly after you stop exercising.) Add a 0 to the result to find your heart rate. Compare your heart rate to your Training Zone. If your heart rate is too low, increase your level of exertion. If your heart rate is too high, decrease your level of exertion.



## WORKOUT PATTERN

Each workout should consist of 5 basic parts: 1. AT REST, 2. WARMING-UP, 3. TRAINING ZONE EXERCISE, 4. COOLING-DOWN, 5. AT REST.

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching for 5-10 minutes prior to exercising.

After warming up, begin exercising at a low intensity level for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of stretching or light exercise will allow the body to cool down.

To maintain or improve your condition, you must workout 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 times per week. The key to a successful program is **REGULAR** exercise.

## **SUGGESTED STRETCHES**

The following stretches provide a good warm-up, or cool-down. Move slowly as you stretch - never bounce.

### **HAM STRING STRETCH**

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.

**Stretches: Hamstrings, Lower Back and Groin**

### **INNER THIGH STRETCH**

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.

**Stretches: Quadriceps, Hip Muscles**

### **TOE TOUCHES**

Standing with your knees bent slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.

**Stretches: Hamstrings, Back of Knees, Back**

### **QUADRICEPS STRETCH**

With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.

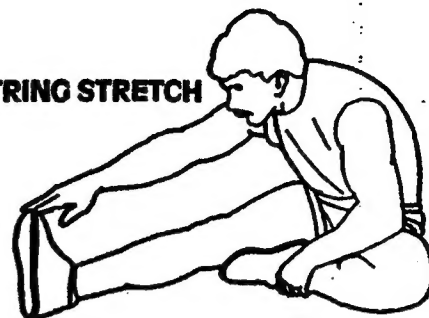
**Stretches: Quadriceps, Hip Muscles**

### **CALF/ACHILLES STRETCH**

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching of the Achilles tendons, slightly bend back leg as well.

**Stretches: Calves, Achilles Tendons, and Ankles**

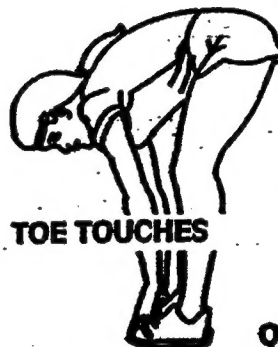
**HAM STRING STRETCH**



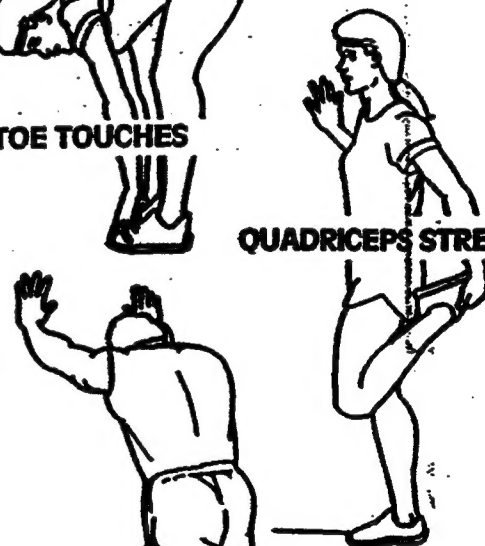
**INNER THIGH STRETCH**



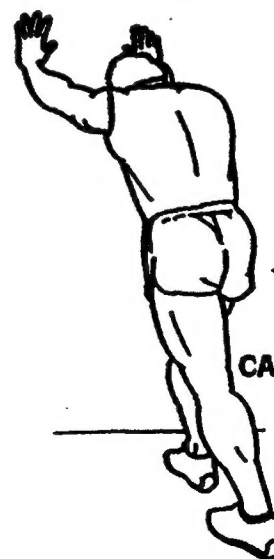
**TOE TOUCHES**



**QUADRICEPS STRETCH**



**CALF/ACHILLES STRETCH**



## LIMITED WARRANTY

Weider Sporting Goods, Inc. warrants this item of equipment to be free from defects in material and/or workmanship for a period of 90 DAYS from the date of the original purchase (retail, mail order or otherwise) for use. Weider also warrants the frame of this item of equipment to be free from defects in material or workmanship for a period of THREE YEARS from the date of original purchase.

In the event of a defect in material or workmanship during the warranty period, Weider will repair or replace (at its option) the Equipment (or frame) under the conditions of this Warranty. Weider will do so at its expense for the cost of labor and materials but not for mailing except as noted.

### LIMITATIONS, EXCLUSIONS AND OTHER RIGHTS:

Weider disclaims liability for any and all implied warranties except as set forth to the contrary herein. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

Weider disclaims liability for indirect, incidental or consequential damages. This disclaimer applies during and after the warranty period. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

Weider is not responsible for damage to the Equipment caused by accident, theft, misuse, abuse, abnormal use or conditions, neglect or modifications.

This Warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

### CLAIM PROCEDURE

If you discover a defect or malfunction during the period to which this Warranty applies, you must follow this procedure:

Write to: Parts Service Weider Sporting Goods 900 West St. John Street Olney, Illinois 62450

In your letter state your full name and address; the reason why you believe there is a defect or malfunction subject to this warranty; and the date and conditions under which the defect or malfunction occurred.

To obtain warranty you must include in your letter a copy of the sales receipt or other proof of date of purchase of the Equipment; otherwise no warranty will be issued. Upon receipt of your letter, Weider will make a preliminary determination of its responsibility to repair or replace under this Warranty.

### PARTS SERVICE 1-800-225-0653

If Weider denies responsibility it will explain its decision in writing. If Weider accepts responsibility to repair or replace the item or part under the warranty it will notify you in writing to bring or ship the Equipment to a designated Weider facility or an authorized service station for repairs.

If Warranty repair or replacement is made at a Weider facility, the Equipment will be returned to you at Weider's expense. If Warranty repair or replacement is made at a service station, arrangements for the return of the Equipment must be made directly with the service station and are made at your expense.